

DAYS of  
UNDERSTANDING



By  
*Thomas Robert Gaines*

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T. R. James





## **Days of Understanding**



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# Days of Understanding

In Verse and Philosophy

By

THOMAS ROBERT GAINES

*Author of "The Achieving Life," "Vitalic Breathing"*

*"Friendly Thoughts," "I Will Rise"*

*Etc.*



THOMAS ROBERT GAINES

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*To my wife and children, whose love,  
inspiration and helpfulness have  
made possible the creation  
of this book.*



## AUTHOR'S FOREWORD

The great need of the world to-day is a true knowledge of life and how to live it well. The only darkness that exists is ignorance. As I launch forth "Days of Understanding" on its mission of uplift and helpfulness, I vision that it will prove a mighty force for good for endless thousands of seekers of the redeeming light of Truth. I have endeavored with all the comprehension and power I possess to make this book of mine and yours a treasured messenger of health, success, joy, inspiration and wisdom. Read a message each day and increasingly grow in truth and understanding.

THOMAS ROBERT GAINES.

New York City,  
November 1, 1927.





RESOLUTION

I care not what this year has writ upon its  
scroll;

With heart undaunted will I face life's ev'ry  
test.

This resolution which I pledge springs from  
my soul,

That day by day I'll live and do my very  
best.

And not only will I strive to do my best, but  
I shall endeavor to make my best to count for  
much. Always unsatisfied unless I know I  
have improved in every way at the close of  
each day.

PAIN

Pain, when thou comest knocking, may I  
understand

Thy call is not to punish but a warning sign,  
Tho' scourging be thy contact, heavy be thy  
hand,

I greet thee as a friend and know thou art  
divine.

Pain is a good messenger from the Unseen  
Physician inside, who is anxious to save us  
ignorant mortals from ourselves.

LOVE

Life is so sweet to me, my wounds are gone,  
My soul chants forth melodiously, "Re-  
joice."

To live is good, I thrill as I march on,  
For in my heart sings love's dear precious  
voice.

Though love's night brings pain and despair,  
even in the darkness hold firm to love's white  
hand and when morning dawns, it ushers in  
the radiant sunlight of delayed joy.

LIVING

The Son of Mary spake to those who had the  
wit to heed,

If thou would'st have a full abundance, then  
this law believe.

Give from thyself and thy possessions to  
escape all need,

For thou who giv'st not, in time of strait  
shalt not receive.

Your life will never be empty, if you give.  
When you withhold, you invite retribution.  
You have received all you have. Some day it  
will be taken away. Why not enjoy now the  
pleasure that springs from generous living?



GOING ON

O! May I never be quite satisfied.

Always to feel the onward urge and goad,  
With vision roving, spacious, tireless, wide,  
I'll ever walk, not rest upon life's road.

Movement is life, life, life. To stop is to  
weaken and rust. I shall keep on going on,  
never unhappy, but always unsatisfied.

MY DESIRE

He lived his best and held no spark of hate  
within his heart.

The good in every man he met he always  
tried to see.

He was a loyal friend and square. When I  
with life shall part

I hope that is the way my friends will speak  
concerning me.

Not to be too wise nor too good! Just to  
travel on as a regular fellow, smiling, rejoicing,  
sorrowing, recognizing I am weak and imper-  
fect, but daily striving for self-improvement.  
Fully believing that the Eternal Justice of life  
will forgive my every sin and shortcoming.

YOUTH

Youth is not yesterday, 'tis glad to-day.

Life flows not backward; let me feel this  
truth:

To forward look, not back, drives age away.

Now and to-morrow only houses Youth.

Tarry not with the doings of yesterday.  
Even now the rust has settled upon them.  
Strive to emulate Youth if you have lost it.  
Catch the spirit of Youth if you can, but  
frown not if Youth itself fails to recognize its  
expression in you.

FORGIVENESS

Hate, drop thy hold on me  
As I would richly live,  
I cleanse my heart of thee  
And all men I forgive.

Hate brings hate. It is greatness to forgive. It is sweeter pleasure to forgive than to revenge. Besides, unless I forgive the little offenses committed against me, how can I expect forgiveness for the great offenses I have inflicted upon others?



GRATITUDE

The law of gratitude is merely to forget  
How I have helped my friends and others  
in the past,  
But good I have received from others I must  
set  
Fixed and indelible within my heart to last.

Gratitude is the memory and forgetfulness,  
of the heart. May I live to remember the good  
I have received rather than the good I have  
done.

COMPENSATION

I sell to life my deeds and actions every day,  
If poorly I perform, mine is the loss.  
Life piles up all my acts upon its scales to  
weigh  
And pays me what I'm worth in gold or  
dross.

Life is a just employer. It pays me back in  
the coin that I deserve. If things are not well  
with me, I must squarely place the blame where  
it rightfully belongs—on myself.

LOOK WITHIN

To point out weakness in my neighbor, weakens me.

To look for faults in others is a losing game. Time is just wasted when thus squandered uselessly.

Strict self-improvement is a much more worthy aim.

I have one person to improve, that is myself. I have no right to ask another man to live my way. The wise man is slow to judge another. If I feel constrained to condemn I must turn the searchlight of criticism only on my own life.

KNOW THYSELF

The highest thing in life is not great learning  
power, nor precious pelf,  
It is to know the laws and rules and principles  
of just myself.

When I know the laws of my being I know everything. When I understand the working of my body, the potency of my mind, the glory of my soul, then indeed am I surpassingly rich and wise.

Through the practice of observation and meditation, I learn the secrets of my being and attune myself with the infinite.

SOARING

I'll rise above life's lower plane  
Of heat and want and stifling dust.  
An inner voice says, "Upward soar!  
Thy birthright is to climb; you must!"

If I do not aspire to soar and climb, I grovel.  
I can only climb as high as my ideals and  
aspirations. With an indomitable will to back  
up my newly fired ambition, I will begin my  
upward journey now.

## GROWTH

Not to remain as I was yesterday,  
Life holds a nobler purpose that I know;  
Weak, sick or ignorant, I need not stay,  
The thrill of living is that I can grow.

Growth is the purpose of life. Matter changes, blends, disintegrates and reforms into new shapes. Life is but change and growth. To grow in wisdom, health, youth, loyalty and understanding are stepping stones to a perfect life.

EATING

Live not to eat, it is not wise.

Sane thought to eating give.

True moderation exercise,

Just simply eat to live.

The abuse of food is the chief cause of disease and nervousness. Overeating piles on useless flesh, clogs the body pores and overworks the organs. Self-control is an absolute necessity when it comes to eating.



## DON'T DRIFT

Life is a river, spacious, wide—

With steady current flowing swift;  
Strength comes from steering 'gainst its tide,  
'Tis folly just to idly drift.

If one must drift for a time, it should be merely for the purpose of renewing one's strength to accomplish more. Watch the straws, corks, flotsam and jetsam that flow unresistingly in the bosom of a river. Life should not dictate to you. Power comes when you decide to steer your life's course in opposition to the trend of the river.

USE WHAT YOU HAVE

We cannot fly  
    To summits steep; wings we have not.  
But we can try  
    To upward climb with feet we've got.

Vain regret is of little use. Use the tools  
with which you are equipped to the best of  
your ability and you surmount every obstacle  
and scale the towering heights.

SILENCE

If silence is so precious for the man that's  
wise,

Then it is doubly precious for the ill starred  
fool.

This pregnant truth, each one should grasp  
and recognize,

Think more and speak far less, should be  
one's daily rule.

Nature has given me two ears and one  
tongue, indicating I should listen more than I  
speak. Besides, I do not learn when I hear  
my own voice. Growth comes from reading,  
listening, testing and absorbing.

WORK EVERLASTINGLY

By keeping busy, well my life I run,  
Just plunging into life with all my might  
and main,  
And leaving nothing I should do undone,  
Then I will have no time to fret or to com-  
plain.

Idleness is a brewer of mischief. Talking about the past, morbid introspection, vain regretting, spring in the main from lack of interest in the work of the present moment. Have no time to waste in complaining, there is too much real work to do in life.

## PREPAREDNESS

When I must strike a blow, may I  
Strike sure and hard, best as I can;  
And when a blow I must receive,  
May I receive it like a man.

Readiness and preparedness are two worthy essentials of living. To understand how to give and how to take will save many a heart-ache and future trouble.

ADVICE

If my own business well I mind,  
No time I'll have, or ever find  
To waste upon that noted vice,  
Giving another good advice.

It is well to recognize my own ignorance,  
then I will not be so prone to slip into the bad  
habit of giving unsolicited advice to others.  
The world needs more good examples and less  
critical advisers.

## GREATNESS

There is one way to greatness and to fame,  
The urge to rise, to be life's pressing quest,  
To think with purpose, to guard well your  
name.

And work each day to make that day your  
best.

Greatness cannot be won in a hurry. But gains can be registered each day. Improve each passing hour. Have as your objective, the mount of perfection and keep on steadily pressing toward your goal.



## APPLICATION

All great men heard the scorners quip and  
laugh and jeer,

But used it as a mighty urge to start anew.  
And to their course they bent with added  
strength to steer

Until they reached the distant port of  
“Dreams Come True.”

Everybody laughed at Morse when he introduced the telegraph. The first sleeping car was called Pullman's Folly. Bell was supposed to have gone insane when he purposed to make a human voice travel over a wire. In the beginning all great men seem to have to undergo a time of ridicule. But the man who turns a deaf ear to ignorant criticism and keeps on working, ultimately wins out.

## REACTION

There is more worth in building, than in tearing down;

May I live to commend, to inspire and to boost.

It is wiser to smile than to sulk and to frown,  
For our actions, like chickens, come back home to roost.

Life is cause and effect. If I want to enjoy the brightness of life, I must think and live in its direction. Like brings like.

IF'S

If I not forward move, then I must backward  
go.

If I cease growing, then I shrink; 'tis life's  
decree.

If I stand still upon life's pathway, then I  
know

All that I then possess shall pass away from  
me.

Life is lived wonderfully only when one understands. Leaning toward one's goal each day, learning, improving, working, advancing insures supreme fullness, happiness and completeness of living. To stop, means I am quickly overwhelmed and lose all that I possess. He who keeps on, will gain my possessions.

## DEFER ACTION

When I'm convulsed with ire,  
I should not act, I do not know what I'm  
about.  
And when I'm not convinced,  
Then too, 'tis wise to wait, because there is  
a doubt.

When angry or when in doubt, it is the essence of wisdom to defer action. Never mail a letter that has been written while angry. Do not sign on the dotted line unless you really wish to do so. It is as easy to say "No" as it is to say "Yes." Unless you are thoroughly sure, sleep over any important decision.

## CLIMBING

The path of life winds up or down,  
There is no standing still.  
You only win when up you climb  
The high way to the hill.

In the roadway of life, there are no detours or short cuts. Up or down you go, depending on your ambition or desire. No one else in the wide world can do your climbing. You must perform yourself. The high way is the great way. The low way is the way of little effort. See to it that you face the beckoning light on the hilltop, it is glorious to trudge and battle on to victory.

## FRIENDS AND FOES

'Tis difficult to choose between the friend with  
best intention,  
And enemy who takes delight your ev'ry fault  
to mention.  
If you lack true understanding they bring tur-  
moil to your soul,  
Thus preventing you quite often from attain-  
ing your life's goal.

You can learn from friends and from ene-  
mies. Do not let your friend hypnotize you  
with over-praise. Do not let your enemy  
weaken you by censure. Learn to depend on  
yourself, know the truth about life, then you  
can remain wholesomely indifferent to praise  
or criticism.

## LOYALTY

The faithful man who to  
Fidelity is bound,  
No shadows cross his path,  
Just blessings may be found.

Of all life's golden principles, that of loyalty stands first. Every known good quality is darkened and obscured by the fog of disloyalty. When you are loyal, you are true to yourself and to every man. The most profitable rule of life is loyalty. Be loyal and you are loved and respected.

JUDGMENT

What my friend gives to me, I shall not  
criticize,

Nor guess the cost.

But what I tender him, close shall I scrutinize  
And pay the most.

The understanding man recognizes that the precious bond of friendship is too worthy to be treated lightly. He values friendship not for what it brings to him, but for its value as an avenue of loving and giving.



## COMPARISON

To point out flaws in others that you know,  
Is a most thoughtless, easy thing to do;  
But it would prove indeed a crushing blow,  
If those you flout expressed their views of  
you.

It is easy to pick flaws in others, but when  
you are the victim, it is a different matter.  
There is one safe rule in life. Wrest that  
beam out of your own eye, and you will never  
notice the mote in your neighbor's eye.

## TALK IS CHEAP

To loudly talk and gush is not the winning  
way

To forge ahead in life and keep on pushing  
through.

Noise, words and bombast, talk will not win  
out I say,

The way to vict'ry is just silently to do.

The noisy talker in the group usually has the least to say. Purposeful thinking and intelligent action are the master keys to achievement. When you must talk, let your words be pithy, forceful, convincing and to the point.

DISLOYALTY

The saddest day of life when heart seems  
    dead,  
To find the friend with whom you shared  
    your bread  
Has proved disloyal to the trust you placed  
And lost your friendship and himself disgraced.

Pity the friend who has proved unworthy  
of your trust. Though he lifts his heel  
against you, pity him and do not harbor hate.  
In due time he will recognize his ingratitude  
and then his real punishment begins.

## TRAGEDY

If I ever remember to think with my head,  
My journey through life will be glad,  
But if I use my heart for my thinking instead,  
My journey through life will be sad.

A wise man says, "Life is a tragedy for the man who feels and a happy experience for the man who thinks." Use the forces of mind, will, reason, and intellect to run your life. Live a thinking life, not a feeling, emotional one. By no means be calloused or hard-hearted, but do know the heart has no place in the running of your daily existence. Its mission is to circulate your blood. For happiness, health, normality, operate your life by wise, intelligent thought and action.

## THE TEST

The friend that remains true  
After the test,  
Is the friend to hold to,  
He is the best.

When one is condemned before the tribunal of man and his friend speaks for him, that is illustrative of the acid test of friendship. Fair-weather friends like sailors over summer seas are not usually dependable in time of stress or storm. If you want to prove worthy of the bond of friendship be a real, genuine, soul-deep friend. Demonstrate your friendship and you will never be friendless yourself.

## CRITICISM

The criticism I deserve, I profit by that kind  
That I myself have made.

The criticism I receive that's false, I laugh  
at it,

Of that I'm not afraid.

Watch carefully that you do not deserve criticism. Fear only the criticism that you have brought upon yourself by your carelessness. Undeserved criticism should be treated lightly. Great men are always criticized. Do not aspire to success if you are timid or afraid of criticism.

## UNATTAINMENT

God grant I never may attain  
All fullness toward which I strive.  
Faith, hope and labor bring more gain,  
I pray I never may arrive.

A burning incentive means fullness of life. It means more life for me to travel hopefully, using my talents to the best advantage, ever bending my steps in the direction of my objectified goal. I shall see to it, I shall enlarge the scope and breadth of my vision as I sense the greater possibilities of life.

## START SOMETHING

To start is quite hard: that is so,  
But ere the first thread you have spun  
More power to your loom then will flow.  
“God sends thread to the web that’s begun.”

If you make a start, you have this assurance, “the follow up will grow easier every day.” The main thing is really to start. It is a tragedy to be sick, unhappy or poor in this day of enlightenment. Do not sit complacently and allow unpleasant things to be thrust upon you. Live a selective life. Prove all things, hold on to that which is pleasing and good. You are not a worm of the dust, you are a dynamic God-like personality with the power to get what you want from life.



AIM HIGH

Do not be satisfied just to get by.

Lack of ambition is life's greatest sin;  
Keep pressing on forward, try, try and try.  
The goal of life always should be to win.

Think, dream, aspire, and then act in the direction of your aspirations. Action must be wedded to ambition. Never give up, if you keep trying you must win. When you quit fighting, then of course you lose. Do not be known as a quitter. Get the reputation of being a sticker and a hard fighter. To the victor belong the spoils. Fight on to victory and wear the laurel wreath that awaits you.

## ASSETS

May I know that which to reject,  
And know how my life to keep filled  
With things which are good to accept,  
That which my life will higher build.

Nothing is thrust upon us. We make our own selections. The wise man wants to live a life of health, youth, power and understanding. He recognizes he can master life by his God-endowed power of mind and will. The wise man chooses what he feels will embellish his life. The man who is ignorant accepts what he finds. He is enslaved by his thoughts of limitation and is content to rest supinely in the shallow grave of mediocrity.

## DISCRETION

There is a time for everything,  
A time to crack a joke, to make a pun.  
But you will suffer if you're known,  
As just a wit who overdoes on fun.

Never take life too seriously; but business is business. The employee who incessantly tells funny stories and spends his time thinking up new jokes, may be tolerated as long as he is indispensable, but his overdoing of humor will ultimately prove his downfall.

Laugh, play, smile, relax at every suitable opportunity. However, do not be known as a jokesmith, unless you are earning your living that way. The world will never take an amateur wit seriously. Life is real, life is earnest. Work hard, but play too, but at the right time and place.

INFLUENCE

If, to my very depths,  
For good I serve and live,  
'Those whom I meet each day,  
More thought to good will give.

The force of example has no rival. Preaching falls on closed ears. To succeed in anything, begin to live it. The greatest kind of life to live is a good life. Not a goody-goody, holier-than-thou life; not a life overly righteous, but a spiritual life of seeking, searching, desiring and finding the good in every person, condition, and circumstance.

A THOUGHT

I'll live my best each day and good in others  
only see,  
Then when I am all through and finished up  
the race,  
Perhaps someone who had observed my life  
will say of me,  
"Because he lived, he made the world a  
better place."

The supreme thought in the evening of life  
is, "I have lived my best, I have daily tried to  
make my best increasingly worth while, and I  
believe the world is better because of my con-  
tribution to it."

## VISION

Play well thy part in life.

Look downward not, as a dumb beast who  
browses on the sod;

But upward look instead,

And recognize thy high estate. Act as thou  
art—a god.

It was Emerson who said something like this, "Poor man, playing the part of a fool when he is in possession of god-like qualities." If one understood his higher forces and powers, he could live a radiant, triumphant life. Never let vision depart from you. Know that life is meant to develop mind. Spirit is the biggest thing in life. Use the unseen, spiritual forces more often and you will speedily find yourself transported to a higher plane of existence.

## JOY AND WORRY

Two forces ever strain within your life to  
reign as king.

Worry and joy they are. Consider well the  
one you choose.

Worry brings blight and darkness only. Joy  
will sunlight bring.

With joy you win. With worry you will  
always surely lose.

Endless millions of lives are being wrecked  
by the curse of worry. Worry is merely false,  
morbid thinking. Worry is not a builder, it  
is a rabid destroyer. Open your life to its in-  
fluence and it will never leave until you are  
crushed. Recognize its baneful influence in  
time and turn from it as you would turn aside  
from a mad dog. Cast out the shadow of  
worry now by opening your whole being to  
the illumination of joy.

## WORK

Work is man's noblest, greatest prize.  
Pleasure it brings to all.  
Supreme this blessing exercise,  
Answer its highest call.

Develop more strength so that you can work better and longer. The real joy of labor is to find joy in your service. You cheat yourself and your employer if you do not love your work. Man is intended to work, that is the reason one is so miserable when he has no purposeful work to perform.

To labor joyously, your work must be suited to you. Your work must thrill you and bring a generous compensation. Through the power of desire and worthiness, you can find your real labor. Do not be satisfied until you are engaged in happy, congenial work.



## A GUIDE

If you are ill and tired and wandered far  
astray,  
And filled with fear because you cannot find  
the light,  
Deep from your soul call for a guide to point  
the way,  
And one will come to you to guide your  
steps aright.

Say the Hindoo scriptures, "When the pupil is ready, the teacher appears." Do not remain in the darkness. Live life understandingly. All the good things in life are available to you when you are prepared to receive them. Desire is the great master key to achievement. If you are ready for enlightenment and understanding, if you are weary of making mistakes, lift up your voice and call for a guide. In some mysterious way the teacher will be attracted to you.

A PLEA

May my content not from the indolence of  
workless ease be sought,  
But by expenditure of muscle, brain and mind  
be daily bought.

There are two brands of contentment. One is concerned with work and service. The other with the bad habits of ease and indolence. The virtuous way to ease, is to deserve it by worthy labor. To live a shiftless, drifting life of ease, is an abhorrent vice. We are here to think and do. Work is the only stimulus to right thinking and intelligent action. Peace therefore comes not from inactivity, but from rightly directed action.

## NOTHING IS LOST

Good words and thoughts like scattered seed-  
lets blowing near and far,

May find a place to root and thrive and bring  
forth blossoms sweet.

But words unkind may spring as weeds and  
thistles, lives to mar.

Therefore speak well or not at all of those  
you chance to meet.

Nothing is ever lost. Some day every  
thought and deed we have ever expressed will  
be found gathered in our basket of life. A  
tree is known only by its fruit. Your objec-  
tive should be to think good of others. The  
evil we see in others, must exist in our own  
heart or we could not recognize it in someone  
else. Let us all determine to speak well and  
act well; it is a worthy resolution.

REVERIE

A happy mem'ry found its way into my heart  
to-night.

It brought with it a pleasing mellow glow.  
The ray of sunlight from the past that lit my  
soul so bright,

A thought of service rendered years ago.

There will be no unpleasant introspection or  
restrospection if I try to do my best, and give  
the best that is in me—always.

REFLECT

To gossip is to spread report of what may not  
be true.

There are more worthy things in life than  
that for one to do.

Just as the bird delights to fill himself on gar-  
den seed,

On gossip warped souls delight to circulate  
and feed.

If you feel constrained to gossip, halt and reflect. Think first, is the report true? Then place yourself in the victim's position and ask yourself, "How would I like to bear the brunt of this pernicious gossip?" Gossip is low and evil, the product of degraded, ignoble minds. Those who gossip always meet their Waterloo. The law of compensation provides for that. Know, "As you sow, so shall you reap." Think.

## DAILY LESSONS

Life is a school

Where each day you and I must go.

Life's greatest rule

And highest lesson is to know.

We grow by the lessons or experiences we have in this school of life. Our world is one of harmony and purpose. Our lives should so be lived. The life that theorizes and guesses does not rise to any great heights. When we know the truth, we are released from the bondage of ignorance and the limitation of a wavering, uncertain mind. Be an observant, diligent scholar in life's school and soon you will know how to live well.

## THE UNSEEN

The power that my eyes behold  
Does not the highest mean.  
The subtle force that moves the earth  
And sea is never seen.

The unseen is the real. The eye sees the gross, heavy, physical manifestation. But the power that moves the water in the spacious ocean is hid. Because power is invisible, we treat it with indifference. Delve into the mysteries of unseen power and learn its mighty truth.

## SUCCESS

The door that keeps success from me  
will swing ajar,  
If I work toward that end as a  
one pointed star.

Scattering of forces is not a desirable plan of attainment. Concentrate on one method of success building and perform that plan well. The law of success is to find something that the world wants and keep hammering away in the direction of your goal. Vacillation is delaying to achievement. "This one thing I do," should be the motto employed. Faith, assurance, persistence, these are the three keys to success.



## TO UNDERSTAND

The greater knowledge I accrue,  
The more my powers expand,  
I learn the way to ev'ry good,  
Life's laws to understand.

The great tragedy of life is to recognize that sickness, need, weakness and unhappiness still prevail and enslave endless millions of human souls. There is no need to be sick if one will search for the laws of health and harmonize with them. Law governs everything. The intelligent man, therefore, looks for laws, adjusts his life to them and enjoys the possession of life's richest blessings.

JOY

To-day I'll look for happiness,  
To-day I will be glad;  
In every way I'll make to-day  
The best day I have had.

Let the desire for joy and gladness reign supreme within. You attract joy to you by striving to live the joy way. To cultivate happiness within, begin to share what little joy you have with others. Soon the fullness of inner gladness will reflect in your smiling countenance radiant personality and light step.

DELVING

The more one studies life with thought and  
quiet, keen perception,  
The more life's purpose seems to be a climb  
up tow'rd perfection.

There is no accident or chance in life. All  
is mind, intelligence, purpose. If perfection is  
the aim of life, then the wise man should also  
make it his objective. Thus he links in har-  
moniously with the divine purpose of life and  
living.

## DESIRE

All pow'r that ever was is here available to  
me.

Pow'r in abundance to attract the joy of  
radiant health,  
Pow'r from all limitation to make me su-  
premely free:  
Soul-deep desire, held and expressed, will  
draw life's greatest wealth.

There is a supply for every demand. Ask  
and you shall receive. The power of the uni-  
verse awaits you. Use and control. Desire  
is the magnet that attracts supply to you. If  
you lack for a single blessing, the blame is  
yours. You are surrounded with the things  
you want, but you do not desire deeply or con-  
fidently enough. Put your whole soul into  
your desire and move toward your goal and  
soon the glory of possession is yours.

## CONTRIBUTION

May I be never lacking in desire to daily pay  
The price it daily costs to live my life the  
master way.

Nothing for nothing is the dictum of life. To get, you too must give. Small effort means a little life. Great effort in the right direction means the living of a master life. As long as one is engaged in the business of living why not enjoy all that it has to offer? Deserve all the goodness that it is possible for life to bestow.

THINK BEFORE YOU LEAP

'Tis well to hesitate, before you leap across an  
unknown brink,  
And for your sake and benefit of all con-  
cerned, reflect and think.

To avoid future heartaches and unhappiness,  
consider well before you plunge into any bind-  
ing contracts. A moment's sane reflection may  
prevent years of misery and worry. Think  
twice before you act once is an old truism.  
Let it be a guide to you in all matters.

FEAR

Fear keeps in bondage mind and soul.

I must seek separation.

True freedom comes when I drop fear,

Life's greatest liberation.

Fear is an arch-enemy. Fear binds and trammels human souls. No thrill of freedom abounds when fear clutches the heart strings. Affirm courage every moment. Learn how to breathe more fully. Courage comes with conscious breathing. The fuller you breathe, the less you fear. Unwholesome fears are deadly vipers, biting, stinging and corroding your nerves and life. Cast out fear at all cost. Just determine to do it and you will.

## GREATNESS

The way to greatness seems of little matter.

True greatness must be sought  
By ceasing loose and careless, idle chatter,  
And spend that time in thought.

Men work hard and they play hard, but they do not think sufficiently. Think more and be more. More is in you and you discover your higher self when you sit in silence and think. Think for yourself, do not be prone to accept the views of others. Prove and test before you adopt. Admire greatness in others; visualize yourself as becoming great. Think and act toward greatness and some day you will become a great personality.



## PROBLEMS

May I not look on problems as dire things  
that are adverse,

But see behind their motive the high purpose  
that is meant.

Not to enslave or bind, they come, the truth  
is the reverse.

To strengthen me by overcoming are my  
problems sent.

Life is one problem after another. Without trials and obstacles living would be grey and passionless. Not to evade problems, should be the thought. Instead, increased understanding and strength should be desired, so that the proper measures might be ever available to control all pressing problems, conditions and circumstances.

## LIFE'S BATTLE

Life is a battle, may I wage  
With all my strength when I engage.  
My fight is bloodless, 'tis not strife,  
I war to better human life.

To better the condition of others, I must first better my own state. Example counts most. If I manifest and exemplify a life of health, happiness, and success, I will be a constant inspiration for others to go after these same qualities.

To win in life I must ever wage a serious warfare against disease, fear, old age, gloom and discouragement. Life's warfare is ever incessant; competition is ever present. So to stay in the ring, I must never relinquish my combat for good and righteousness.

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## MARCH FIFTH

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### DEPTH

One cannot know this truth too soon,  
The law of discord and of tune.  
O, may I ever recognize  
That which is empty makes most noise.

The shallow brook makes a continual noise.  
The empty vessel sounds hollowly. When it  
is filled, sound ceases. Empty minds chatter  
foolish prattle. Develop depth, power and  
silence and become a master and a leader.

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MARCH SIXTH

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NOW

Waste not, and toil not with the finished past.

'Twill add not to thy happiness or pow'r.

Just life and now to-day thou only hast,

Strength comes from using well the present  
hour.

The past is a memory, let it lie in the valley of forgetfulness. The future is a vision, concern yourself wholly and fully with the present moment. Bend that to your will and purpose and live the life of purpose and achievement.

## SOWING AND REAPING

Do not just sit and ponder. 'Tis an error  
grave to wonder

What awaits you in the future and the  
future wish to know.

Waste your good time no longer in pursuit of  
such a blunder,

For the future yields the fruitage of the  
seeds to-day you sow.

The admonition of the ancient Greeks still  
breathes and lives: "Man reaps that which he  
sows." There is no escaping the law of com-  
pensation. Life is giving and receiving, and  
you receive to the same quality and amount  
that you give. Let this truth propagate a de-  
sire on your part to put more into life because  
then you are certain of a larger return.

ABUNDANCE

The way to riches lies quite plain for ev'ry  
man.

'Tis crudely simple too, for ev'ry man to  
understand.

To win a full abundance, closely heed this  
plan,

Just give your best attention to the thing  
you've now in hand.

Perseverance and deep interest are two  
master keys that unlock many of the treasure  
doors of life. Numerous failures are traced  
to loss of interest and indifference. Apply  
yourself with consuming zeal to the work in  
which you are now engaged. If you do your  
present work well, presently higher and greater  
work will be attracted to you if you desire it.

NIGHT

Stars that are lost to me because the sun shines  
bright

Peep with the dark of eve. That's why I like  
the night.

We need the peace of the stars and the  
energy of the sun. Change is good for us,  
that is why the great Giver of Life under-  
stands and makes change the only proved  
truth of the universe. Night is as necessary  
as day. Enjoy the quiet of night and gladly  
welcome the rise of each morning sun.

REWARD

The thought of good, I launched the other day  
Went out and traveled far and circled wide.  
To-day I found it standing by my side  
With a full hundred comrades as my pay.

Impress this truth forcibly on your consciousness, "Nothing is wasted in the universe." Good or evil, both keep on living and accomplishing. But why concern yourself with that which is not good and pleasant? Life is hard at its best. Why make it more difficult to live by concerning yourself with the lower strata things? Be prodigal in sending forth good thoughts and they shall not return to you void.



## STRUGGLE

I do not want from hardships to be free.

I want life's sunshine to contain a shade of  
strife.

To struggle and prevail draws power to me.

To suffer sometimes adds a keener zest to  
life.

Need and struggle are what inspire men to action. When life is meaningless or replete, then comes stagnation and loss of zest in living. Life is most kind when it daily furnishes new heights to be climbed, new obstacles to surmount.

BUSY

When a call you get from sickness, hate or  
fear,

Understand this rule of life so paramount.  
Be engaged so well, their knock you do not  
hear,

You are busy with the things that really  
count.

What you give your attention to expands  
and develops. Have no time to spend enter-  
taining the baser things of life. Keep every  
moment filled with health, youth, joy and soul  
sunshine. Then if disease, want, and gloom  
should tap on your door, your mind is so filled  
with beautiful things that all avenues are  
closed to any disturbing callers.

### THREE PLANES

I am three planed, my body and my soul and  
mind.

None must I abuse.

And if life's pearls rare and rich, I want to  
find,

All three I must use.

The secret of health of body, peace of mind and unfoldment of soul, is to use all three in a harmonious way. My body has its specific laws. Also my mind and soul. To seek for the full and complete mastership of the laws of all three sides of my being should be my most important life's work. If I am not fully rounded and developed in my triunistic character, my life is incomplete and lacking in finished development.

## THINKING

If you would in life's sunlight ever bask,  
From mind's refreshing fountain deeply  
drink;  
It is a joyous life-upbuilding task.  
To lead and to survive, you have to think.

The thinker survives and leads. More and more it is becoming apparent that the mission of life is to develop mind. The mighty animals of the past are extinct. We have their bones and fossils to prove they existed, but none roam the earth. Mind is king, thought is all conquering. Man, the highest expression of conscious thought is the elect. He leads all the creatures of the earth. At least five minutes each day should be devoted to silent purposeful thinking.

## HARMONIZE NOT CRITICIZE

Do not a moment waste or spend

In flouting Nature or in picking out her  
flaws.

That time is put to better use

If you'll seek out and harmonize with  
Nature's laws.

Nothing is gained by defying Nature. Nature is the handiwork of God. If Nature is good enough for God, it is supremely perfect. Nature helps you and rewards you when you abide in harmony with her laws. Nature is forced to punish you when you transgress her rules and principles. You master Nature when you harmonize with her requirements.

## WORK AND WIN

When you are seized with a desire to do,  
That is the moment to begin, not shirk.  
Then steadfastly keep bravely battling through,  
Life's victory is always won by work.

Work is the most noble principle of life. We are placed here to work, not to live in ease. A good rule of living is to finish something every day. Make each day a creative one. At the setting of each sun, be able to look back and see something accomplished, something well done. The day that is not filled with constructive activity is a wasted one.

## YOUR MISSION

This world would be a higher place,  
If but this great truth all men knew.  
No other man can run your race,  
There's no one else your work can do.

Each man is born into life with a certain definite mission for him to perform. This thought promotes an added impetus to living. Seek out the work you are best fitted to do. Labor with skill and power. Serve well and persistently and your life will be one of supreme success and gladness.

LIGHT

When you lift up your lips to pray,  
Some thought to living give.  
Ask not to be shown how to die,  
But rather how to live.

As long as you are engaged in the business of life and living make a good job of it. You can do only one thing at the time. Learn to do the first thing first. If you live your highest and noblest here daily practicing the Golden Rule, there is no need to fear the future. Whatever lies ahead will be favorable for you and bring rest and comfort to your soul. The good Lord will see to that.



## LIFE AND LIVING

Man is not just a tree,

Man wants to live, to feel, to laugh, to love,  
to think and move.

How bitter life becomes,

If piling years enslave one in a pris'ning  
senile groove.

When advancing years cause life to lose its thrill and meaning, then indeed, do we discover that death is as beautiful as life. When the body is worn out, when you have lived a full and abundant life, then gladly does one turn his face toward the West to welcome the great adventure.

If life is lived wisely, one avoids the slavery and decrepitude of old age. Life will always be a season of youth and agility to him who understands and harmonizes with the laws of health and youth.

## GAIN BY WILL

From life's high standards there shall be no  
parting, slipping or deflection,  
If I develop power of will and use it in the  
right direction.

Will is man's most potent force. A strong  
will will not be denied a single thing. It is  
the essence of wisdom for one to examine his  
life each day and discover if he is heading in  
the right direction. Power of will will make  
you a loser or a winner. See that you will in  
the direction of victory and your goal is as-  
sured.

## THE PAST

The past cannot be changed by vain regrets or tears or sighs.

The future still is yours, before you its white surface lies.

Do not form the bad habit of looking back over the mistakes you have made in the past. You atone for your errors of the past by making fewer mistakes to-day. Mistakes are lessons and experiences. Try to diminish your mistakes by more scientific living. However, the great consolation of life, the fair white pages of the future are still yours to mark as you decide.

A FIRM FOUNDATION

May I not build my life on moving sands that  
sift,  
But on a strong foundation rock that cannot  
shift.

Life building is a serious proposition. The right foundation insures permanence. The intelligent man selects sterling character as the strong rock on which to erect his life's structure. Tempests, blasts and gales cannot batter down the life that is built on the rock of sterling character. All other foundations are unstable and dangerous.

## DISCONTENT

Man was intended to move on, so mind to him is lent.

The greatest progress factor is just wholesome discontent.

Man has left the marsh, cave and hut through the goad of discontent. By being wholesomely dissatisfied but never unhappy, there is always a chance to find a higher sphere and live a larger life. To stop is to stagnate. To carry on in the right direction should be the intention of every aspiring soul.

## PERCEPTION

If life I understand, my duty is

Not to force knowledge on my fellow man;  
But keep on building my own life each day  
To make my life as perfect as I can.

My first duty is to myself. If I am manifesting a high life I am an inspiration to others to emulate my example. All men are not of the same degree of growth. Millions are not ready for the enjoyment of the larger life. So wisely shall I live as an example, not as a critic. When someone asks for help, gladly shall I give my best. However, I will refrain from pressing my method of life building on others.

GOOD

No good is lost although cast out  
Upon life's surging main.  
When seas are still, good multiplied  
Returns to you again.

Nothing is lost, nothing can be annihilated.  
Do good at all costs. Think good, strive to  
be good. Then good shall be essence of your  
life. Therefore your life shall be one of  
pleasure, health, love and joy.

## A GOOD LIFE

If by some word or deed of mine

A brother to a higher place has moved,  
I have not lived a wasted day,

Good is my life and worthy it has proved.

The world is filled with teachers and preachers. But what the world needs is a host of models and exponents of right living. Live that for which you stand. Be in private what you profess to be in public. Then indeed, by precept and example, you are certain to be an inspiration to those you pass on the pathway of life.



## LOSS IS GAIN

The higher in the spirit that you climb, the  
more you lose

Friends and companions that are not of  
your same mind.

But peace and power flow in, so do not hesitate to choose,

And for each friend that's lost, one better  
you will find.

Unfortunately, the higher you climb the ladder of life, the more increasingly you find yourself alone. Friends help you or injure you. The friends that are real will stick closely to your side and grow and improve with you. Friends who cannot feel the fire of a higher call may drop away one after the other, but climb on in patience and to your list of friends new and worthy names will be constantly added.

## SINCERITY

If you would be a real man  
Then to this cause adhere:—  
In every act and deed of life,  
Be thoroughly sincere.

The world will forgive many of your gravest faults if the spirit of sincerity possesses you. It is always profitable to be filled with the heat of sincerity, striving to give and do your best at all costs. The more sincere you are in truth, the more powerful your weapon of sincerity. The insincere man is not the lasting kind. You wear well and last long when you are genuinely sincere.

## MENTAL GARDENING

Pluck out your faults,  
And those who have been sad, will thrill  
with joy when you announce :  
“From this day on  
I pledge this resolution now, ‘Fault find-  
ing, I renounce.’ ”

It takes no capital save a morbid mind to set up in the business of grumbling, picking, nagging and fault finding. The nagger and whiner are the lowest types of human beings. They are thoroughly hated and detested by all. They live to bring trouble and tears into the lives of others. Why live such a despised life? Why live in the mire and darkness when there is so much light and beauty in the world? Let the desire for joy creep into your heart. Be a blessing and not a liability to the world.

## SILENT WORK

If I am prone to boastfulness, my forces wide  
I scatter.

I'll find some day to my dismay, it is a serious  
matter.

To win, I should not vacillate, or my inten-  
tions tell,

But silently pursue and do some one thing  
very well.

If I do the thing I can best do I am almost certain to succeed. The man who is constantly switching and changing his work is not working toward success. Choose your life's work and visualize you are going to make a million dollars if you so desire. If I tell my friends and neighbors I am after a million dollars, they will smile and pity me. When a man has accumulated riches he rarely boasts of his possessions.

SURENESS

If a full, richer life I wish to claim  
I must this truth express,  
To have my ever constant aim  
To know and not to guess.

The man who knows travels far. Life is really given to us to discover law and harmonize with it. The acme of supreme living is to be sure of your direction. The man who knows travels on with sure step entirely liberated from apprehension, doubt and fear.

## DEMONSTRATION

If I would truly demonstrate

I'm glad for life and to myself am true,  
This thought my life must dominate,  
"I live but for the good that I can do."

To bring joy into the world is a worthy aim. The more joy I scatter, the more I attract back to myself. Words are cheap; demonstration counts most. If I am daily endeavoring to live a good life, contributing to the happiness, health and success of others as well as myself, I am living well. There is a high way and a low way to travel life's path. The high way winds to health and happiness. The low way to darkness and vexation of spirit. I follow the road I choose to traverse.

## COMPLETION

Start something, finish too.

Why would you halt and pause, and from  
the future steal and borrow?

Wind up complete, don't wait.

Just finish up your tasks to-day, there's  
new work for to-morrow.

To have the reputation for closing, is a most enviable one. The secret of developing the power of closureship is to finish something each day. Procrastinate and you delay your progress and waste time, your most precious asset.

A PARODOX

No time, the men with least to do  
So apt are to declare.  
The man who has the most to do,  
Has always time to spare.

Finding time is but a question of organizing one's mind and work. Life is so brief at its best, that high pressure without strain or tension should be daily used. Work quickly, mentally alert, with body thoroughly relaxed and you have the secret of accurate and rapid accomplishment. There is so much to do, one cannot remain a sluggard or a laggard. The busiest men find ample time for play and recreation. The man who lacks mental power imagines he is busy and has no time for anything outside of his confused muddled personal routine.



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APRIL FOURTH

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ENDEAVOR

'Tis not by dreams alone, the heights I mount.

'Tis not by faith that problems I transcend  
and bonds I sever.

Wishes my handicaps will not surmount,

I overcome by wish and dream and faith  
backed by endeavor.

It is good to dream, but it is better to  
dream and work. Faith is mighty, but action  
with faith is mightier. Desiring is helpful,  
but work and desire are invincible.

## CONTENTMENT

Life holds the most allurements,  
and affords most rest  
When sweet content holds  
peaceful sway within the breast.

Peace of mind is a pearl of great price. In the hum and hubbub of life, nerves are so apt to become awry. Sitting quietly anywhere with closed eyes and clasped hands, holding a desire for peace, will draw that divine messenger to you. Peace, harmony, poise, contentment, understanding, all are blessed qualities to keep in your life.

## PATIENCE

Patience is resolution sure

To wait until the night its course has run.

Patience is purpose to endure

Until the rising of the morning sun.

Patience is a mighty asset. To have the power to hold on steadfastly in spite of darkness and discouragement, means so much. Patience is developed from faith, trust and assurance. Cultivate the quality of patience, it is a great factor for the winning of joy and success.

TRUTH

Man's life

Is not his wishes, dreams or creed.

It is

His purpose, thoughts, each daily deed.

What we profess is not us. What we live is. To get what you want, begin to live toward it. We can be our own best friends or worst enemies. We may keep ourselves well and happy, or we can attract sickness and gloom. If our every purpose, thought and deed is worthy, then we can only live a noble life.

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APRIL EIGHTH

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## AN OBLIGATION

It is a sacred trust I hold,  
A pressing bounden duty,  
Where'er I look, in mire or sky  
Receptive be to beauty.

A truism regarding life is, we find what we desire to discover. Look for beauty always and ever will beauty be found. Emerson sang,

“In the mud and scum of things  
Something always, always sings.”

Beauty is ever abroad singing her song of joy. Keep heart, mind, ears, and eyes ever attuned to the lilting harmony of beauty. If ugliness stalks abroad, you will not notice it, because you are engaged in a higher quest—seeking to find beauty wherever you happen to be.

CRITICISM

When I am lashed by tongue or pen,  
May I bear it with stoicism.  
My soul must never be so small  
To shrink from pungent criticism.

No matter how good a man may be, a certain percentage of the people will affirm he is not good. No matter how bad a man is, an almost equal percentage will stand up for him. The best thing is to keep plugging along, doing your best, impervious to laudation or censure.

## STRENGTH

Speak not of weakness, 'tis a  
grievous wrong.

With all the power you have, say "I  
am strong."

Joel says, "Let the weak say, I am strong." No matter how weak and tired you may be, that constant affirmation will drive the thought of strength into the cell consciousness. The Hindu scriptures say, "The greatest sin a man can commit is to say he is weak." Strength comes from harmony in living. Learn how to live and ever will you possess and express the glory of dynamic power and strength.

SMILING THROUGH

'Tis necess'ry in life, for me to ever smile.  
It lights my way, there's nothing else that's so  
worth while.  
All those I meet will benefit, my smile they'll  
share.  
It helps me too, from my own heart to keep  
out care.

Smiles are lovely blossoms in the garden of life. They are easily purchased, just by desire and effort. I should smile at every opportunity. To keep smiling does not mean I should be a living Pollyanna. Too much sunlight makes a Sahara, but the urge to smile should be a constant impulse in my heart.



## WAITING

The seed must slumber in the darkness of the  
earth

Before the life within can come forth into  
birth.

Oft must I too, in darkness wait all through  
the night,

Cheered by the thought, the dawn will bring  
redeeming light.

The cry of the multitude is for light. It is the call of the heartsick and heavy laden. Lift your soul in prayer for strength to endure the darkness so that you will have power to welcome the light. Though long delayed, the light always comes again and when it returns, there is in its embrace refreshment for body, mind and soul.

## LOVE AND GOD

The source of everything, both good and bad,  
is love.

Love permeates the sea and earth and sky  
above.

Love lives in every root that pushes through  
the sod.

Love is the tiny atom. Love is life, and God.

It is the spirit of love impregnated into the seed that enables it to reproduce and multiply itself. If this maternal spirit of love should disappear, all life would end within two years. Vegetation would not grow and all life is dependent on vegetation for sustenance. It is natural to love someone. It is unnatural not to have someone to love. Above all, see that the love that is bestowed upon you does not engender selfishness and make you a recipient alone. Reciprocation is the heart of love. Extend love to others, irrespective of whether it is appreciated or not. But the voice of love shall not return to thee void.

GUARD YOUR LIPS

Watch all you say, guard well your lips,  
Thus trouble is forestalled.  
The words that injure through the years,  
Can never be recalled.

Deliberate much before you speak. After the words have issued from your lips, they are living witnesses to accuse or uplift you. The safe course to take in life is not to discuss people. Life sees that the weather changes each day, so folks will have something to talk about, thus preventing needless criticism and gossip. Talk abundantly about the weather and abstract things, thus you keep out of trouble.

## FINDING

Do not seek for your heart's desire  
And round in circles wind.  
Begin to live the thing you want,  
It then you soon will find.

If you want to find truth, begin to live the truth way. That is the proper method of attaining your desire. By constant striving, one sometimes may get what he wants. But the road to quick and permanent possession is the plan of beginning to live in the direction of that which you earnestly want to possess.

BUILDING

There is but just one way  
To keep on building tow'rd the sky,  
That is to watch each day  
I keep my projects clean and high.

One can climb only as high as his visions and ideals. By impregnating the mind with the unquenchable desire for higher growth, one can always unfold and advance. Become a high soul and turn your face to the light that illumines the high way.

## GLADNESS

It is true appreciation  
To give thanks for all life brings,  
To be glad for greater blessings  
And for even little things.

Gladness of heart means there is sunshine in your soul. Be glad for every gift of life. Be grateful for the higher blessings, good health, success, the out-of-doors, friends, love, happiness, but also learn to appreciate the beauty of a soft voice, the trust of a child, the loveliness of a flower, the fidelity of an animal. If we do not express the emotion of joy at suitable opportunities our lives become calloused and hardened. Prevent this undesirable manifestation by giving thanks at every opportune occasion.

## CHOOSING

Life sets before thee ills and health,  
Sighing and laughter, want and wealth,  
Wisdom and blindness, peace and strife.  
What did you buy to-day from life?

Every man is a buyer. Your mode of payment is the expenditure of your time and energy. If you spend your time in sickness, you have no time to give to health. If you waste your energy on sighing, you have none left to expend in laughter. If you encourage strife, you close the door against peace. If you just live in darkness with your eyes closed to truth, you cannot hope to express wisdom. Unless you are a skilled buyer, your life is insolvent because you cannot dispose of the worthless trash you have accumulated.

PRAYER

Pray not in loudly spoken word,  
Beyond your ears it is not heard.  
But a great need expressed in thought,  
Above the highest star is caught.

Thought is the voice of life. A new born babe can think, but cannot speak. Thought is a divine instinct; speech must be acquired. If you form the good habit of spending five minutes each day in silent meditation, your life will become richer and more successful. The right way to pray is by silent thought.



RIGHT

Be eager not alone for gold,  
Or fame, or might.  
A higher aspiration is,  
That you do right.

You are not doing right, if you try to advance by bringing about the downfall of a fellow man. You are not doing right, if you are vain, selfish, and domineering. With all your aspirations for power, see that you attain it in a just way. If power is won wrongly, it will act as a boomerang to crush its possessor.

## APPRECIATION

The greatest need of every man,  
Though high or low his station,  
To ever keep his life brimful  
Of true appreciation.

Be glad for the glory of life. Be appreciative of the myriad advantages offered in this age of enlightenment and advancement. Express the quality of thankfulness whenever possible. The glow of appreciation, frequently manifested, encourages the development of the good habits of unselfishness, joy, gratitude, and generosity.

## DECISION

Lack of decision cuts my life in twain,  
If I will learn to know, I shall refrain  
From needless waiting, thus no time I waste,  
Life's hours increase when I decide with haste.

Hesitation is a stumbling block to a full life. To get the most out of life, one must understand how to think clearly and make quick and accurate adjustments. The man who hesitates is lost. Put more knowledge and speed into living and the returns afford more enjoyment. The man who fumbles and falters and cannot make up his mind, will be cast into the discard. We live in a swift moving age. To keep up with what is going on, clear your brain, and learn to understand right from wrong and then push on ahead with power and resolution.

## NATURE

Just turn to Nature if you would  
from ills be wholly free.  
It is God's own physician, let  
it too, your doctor be.

Man tries to improve on Nature, and sickens and dies in the attempt. Disease is infinite love, sickness is sent not to kill, but to heal. This fact will not be understood by the average mind. Nevertheless, it is pure truth. Pain, fever, disease, are all saving measures of Nature. Only the inner power can heal. Your doctor helps to the best of his ability, but only the power within can complete the cure or knit the broken bone. To be gloriously free from disease, live a life of moderation and harmonize with the fundamental laws of the body.

I CAN

I draw upon me need and want,  
If I believe and say "I can't."  
But I am an all conquering man  
When from my soul I say, "I can."

I consort with the drifters and the floaters when I say, "I can't." "I can't" is a weakening, dwarfing expression. When I say, "I'll try," there is hope for me and I move to a higher plane of living. When I thunder forth with all the power of my being, "I can," I acknowledge before the world that I believe in myself, that I trust my own powers and that I will make a giant attempt to "make good."

## LIGHT IS TRUTH

The lamp that's lit, can overcome the dark.

Merely to know that light's available, will  
not suffice.

Life's darkness flees where flares truth's  
lighted spark.

Truth is life's light. Know then the truth  
and thy soul shall rejoice.

To know the truth about life and living  
means an illuminated existence. Use the ma-  
jestic principles of truth each day. Increased  
knowledge means a larger life. Let truth  
shine in from every source. Do not close your  
mind to an iota of truth. Truth is good wher-  
ever it is found. To lead a rejoicing life,  
travel hand in hand with the radiance of ap-  
plied truth.

## BONDAGE

I am the wiser, stronger man  
If by my own endeavor,  
I recognize myself I've bound  
And now my bonds I sever.

Limitation hinders and binds. I enslave myself by false thoughts and thoughts of limitation. If through earnest seeking for freedom I discover I have bound myself by my enslaving thoughts, it is the essence of strength and wisdom to recognize that fact. Then I develop strength by bursting these gyves asunder, realizing they were self-inflicted by my erroneous mental attitude. It is only when I think prisoning thoughts that I forge the mental chains that curtail my liberty. With the change of thought comes the freedom of the mind.

## THE LAW

Fear is a needle. Thought a magnet is to draw.

If I'm afraid, fear I attract. It is the law.

What I fear, I attract. What I hope for I create. When a man becomes a serious student of life, he discovers that all is good. Every law of life is divine and intended solely for the benefit of man and the purpose of evolution. Cast out fear and thus you stop attracting it into your life.



PLANTING

If in my mind a seed of error finds a place to  
root,  
I must at once plant close to it two greater  
seeds of truth.

Error can only be silenced and starved out  
by the affirming of truth. When error raises  
its head, I must bludgeon it down by the word  
of truth. Not only must I affirm truth, but I  
must live it too.

## SUPPLY

Why do you speak in terms of want and poverty you plead?

You are in touch with all supply, if you but only knew.

Enough is now within your reach to fill your every need.

Just get in tune with what you want and it will flow to you.

“Ask and you shall receive,” is the promise. Do not stand still and acknowledge poverty. Be up and doing searching for the source of plenty. The wise man understands there is a law governing everything. Find the law of abundance, harmonize with its principles and the blessings flow your way. Get attuned with what you want and ever know what you want also wants you.

FORGIVENESS

Say not that well you live unless,  
You can forget a worn out wrong.  
Hate only brings to your soul stress.  
Forget, hate goes, in comes a song.

Forget your hate of the past. You cannot sing the sweet song of life when the discord of hate is tormenting your heart and soul. It is only the shallow thinker who remembers and holds hate for some fancied wrong. The great soul is quick to forgive and forget. Do not let another's indiscretion of the past mar your glorious present and future. This very minute dig out the weed of hate and plant instead the fair blossom of forgiveness.

LIFE IS AS I WANT IT TO BE

Oh! mind of mine, just think on what is good  
and right;

Oh! ears of mine, alert for happy sounds  
you be;

Oh! eyes of mine, on joy and beauty feast  
thy sight,

My life is as my eyes and ears and mind  
decree.

I find just what I desire and want. Life is as it appears to me. My receptivity determines the kind of a life I shall live. If I am listening for happy voices I shall hear them. If my ears are attuned with discord and disharmony, these qualities greet my ear. The things that make up my life I have attracted to me, I alone, am responsible for them. May I see and hear and think only in a higher way; thus I shall build a glorious life.

## LIMITATION

As long as I can breathe and live  
I'll daily make this affirmation,  
In my life never shall there be  
The narrowness of limitation.

Life loses its interest when ambition is lost. The only limitation one should consider is that of natural law. If one refuses to eat, he dies. The seemingly impossible can be triumphantly achieved by just trying to accomplish. Limitation builds a mental prison house whose walls, unless dissolved by vision, will presently squeeze closer and closer and soon the prisoner will be but a wretched, fear stricken soul. Clear away the bondage of "I can't" and bridge your way across the ocean of life by the ringing cry of "I can and I will."

## ATTRACTION

There's nothing thrust upon you if for it you  
do not speak,

You are a magnet to attract what you pursue  
and seek.

This truth should be emblazoned in wide let-  
ters high, of fire,

"You are a living copy of your held thoughts  
and desire."

Your life consists of the thoughts you are thinking all day long. If your life is not pleasant, your thoughts and desires of the past were not wise or good. Life is action and reaction. First the thought then the deed, the result the impression left in your life. If you are dissatisfied with your life, change your thought picture and begin to live the new and better way. Your gripped, held thoughts influence your life the most.

DOUBTING

The doubter something seeks  
That he will never find,  
When mind is closed to growth  
All avenues are blind.

Knowledge does not appear as it really is to the doubter. His wrong thought and narrow vision neutralizes everything. He sees everything darkly, his comprehension is disturbed and confused. His five senses are covered with a film that prevents him seeing the greatness of others and the real power to progress that lies within himself. Doubt stultifies and dwarfs your growth. Vision inspires and promotes a larger life. Recognize it is light, not darkness that enables you to walk safely.

STRENGTH

My power shall each day increase,  
If I pursue this winning course.  
To see to it, I never cease  
From living close to wisdom's source.

Strength, power, health, youth, and happiness are rays and beams from the sun of wisdom. Wisdom is the great white light, all good things flow from that central force. Peace cometh from wisdom. The life triumphant beckons for the man who is willing to pay its price. It cannot be purchased with gold, it cannot be had by favor or prayer. It is only attained by diligent seeking, perceiving, study, meditation, contemplation and reflection. The price is high, but the reward is priceless.



LIGHT

Your heart and mind and soul have eyes,  
But cannot see unless truth's light shines  
bright within.  
To dwell in darkness is not wise,  
Open thyself to truth and light shall enter in.

Truth is the supply for every want and need. Through the acquisition of truth are our eyes opened and our every desire fulfilled. The blessings that are spread before us, we cannot see until our eyes are touched by the quickening light of comprehending. Truth is indeed the great revealer of good. Let it become your life's guide and counselor and your steps can never stray.

## SUPPLY

If aught you lack, turn and believe  
The promise, "Ask and you'll receive."

Over and over again we are momentarily confronted with the largeness of life. There is a full and packed abundance everywhere. It is a sin to want in this munificent presence of health, joy, and success. The safe and certain way to fullness is: when you ask, see that you are deserving and worthy; that you have paid in full by personal effort the price of the thing which you desire. Then no power on earth can keep your own away from you.

## A VIEWPOINT

Spend not your time on evil overcoming.  
But change, and concentrate on good becoming.

What you give your attention to, multiplies. Concentrating on the evil of people and the wickedness of the world, keeps your eyes busy seeking for that quality. When you cease trying to overcome evil, and change your attitude by lifting your eyes from the darkness of evil to the light of good, you are on the right road. To overcome evil, you should move away from it and busy yourself with good. Thus, evil loses all power of you and good becomes your steadfast companion.

## WORTHINESS

I am not here to sit and ask that life  
My life with good shall serve,  
But I am here to work and know that life  
Grants all that I deserve.

How futile it is to visualize and wish and dream of getting, and stop right there. That is but a part of the plan of obtaining your visioned supply. Link worthiness with faith and the supply begins to pour toward you. Doing and imagining are the keys to fullness. Demand and deserve and life bestows bountifully. Recognize divine justice in everything, and your vision becomes more clarified.

ARGUMENT

To argue much, engenders hate;  
To speak with heat serves no good end.  
That is the time to separate,  
To argue then, is to offend.

When differences arise between you and your friend, settle them quickly and quietly. Drawn out arguments poison friendship and blood. If it were possible to turn back a strip of your skin and see the dire harm wrought by the manifestation of reproach or anger, you would be more careful in the future to avoid heated arguments. What profit is there in gaining your end at the expense of a lost friendship and contamination of your own blood and your friend's also.

GOOD

If you would good toward you incline,  
Affirm each day, "All good is mine."

Never forget you attract by the thoughts that grip you most deeply. The power of thought and the spoken word are far-reaching. Speak the word for what you want. Think on what you desire. Then move toward it with hopeful, trustful steps. Firmly assert and affirm, "All good is mine." Do not be satisfied until good really becomes a part of your life. Good health, precious youth, good cheer, rich abundance, supreme wisdom. These are all principles of good, watch that you deserve a full share.

## A PRIVILEGE

The pledge, "I'll never testify or falsely speak  
against another,"

Entitles me to shake my neighbor's hand, ad-  
dressing him as "Brother."

It does not matter if you have had shortcomings in the past, to-morrow is a new day. Begin to live rightly from this moment and all past sins of ingratitude and disloyalty are wiped off the slate. Then sin no more, dedicate your life to a higher purpose, that of blessing and boosting. Bearing false witness is a dangerous procedure for the one concerned, also for yourself. Chiefly is it done through ignorance. Avoid the boomerang of retribution by filling your heart with thoughts of tolerance and mercy towards every man.

## JUDGE NOT

Be slow to judge an evil man,  
Or condemnation on him pile,  
To-morrow you may find him good,  
Whom yesterday you judged was vile.

There are several serious blunders to guard against: self-appointed judgment, snap judgment, wrong judgment. Anyhow, why judge any man but yourself? Recognize too, that change is the law of the universe and because a man is bad to-day, does not mean he has to stay evil always. Pity the man who is vile, but do not condemn him. There is a reason for every delinquency. Give thanks that you have never had to face such a trial and send a redeeming thought in the direction of the erring soul.



'TIS WELL TO KNOW

'Tis well to know that when I fling  
My worries far outside the door,  
Joy waits upon my window sill  
Prepared to leap in on the floor.

Stop entertaining worry, why not spend a little more time with joy? When worry comes in at your door, joy leaps out the window. When the process is reversed, when you close the door on worry, joy returns as your cheery guest. Worry takes the happiness out of life. Joy brings happiness to you. If you wish to live unhappily decide on worry. If you want the spring of joy, throw open the window of your soul and bid it enter. You must do your own choosing; you can have either worry or joy.

## GREATNESS

To open up all avenues,  
Those who are wise to emulate  
To have a grateful, humble heart,  
Three steps to take to make me great.

Dignified humility, receptivity to growth, admiration for greatness in others, tend to push me forward in the road to power. Greatness is never won by the scorner or the cynic. Those who scoff are blinded by their own egotism. They cannot recognize or understand the nobility of true greatness when it confronts them.

GOD

Not only in the magnitude of His great universe do God we find,  
But also in His gift divine to every man, He  
stands revealed in mind.

The more one studies deeply into the cause of things, the deeper one digs, the further away one gets from shadows and concerns himself with substance, the closer he draws to the cause and the cause is spirit. Be eager to know more about spirit. The physical, when reduced to its final analysis, resolves itself into unseen energy. Be concerned with things of mind and spirit as well as those of a grosser nature. Thus, the triune harmony of all life divinely blends and expresses in you.

## BURDENS

The road that makes your burdens greater,  
Until more and more they weigh  
Will lose its dark unfriendly aspect  
If you walk its other way.

Every road reaches out in two directions. It is within your province to choose which end of the road you desire to reach. If you know where you are going all is well. You are sure of your direction. If the roadway of life that you are now traversing is not friendly, why travel further on it? If it is leading you into trouble and discouragement, why not turn about and head toward its other end? You have nothing to lose and a great deal to gain by the new venture.

DARKNESS

It is not truth to state most men in darkness live,

'Tis not a doctrine that is sane or good or whole.

The only darkness that exists or ever was

Is not in other lives, but found in my own soul.

The fault I find in another must exist within myself, otherwise I could not see it. I see only what I delight to see. If my pleasure is to pick flaws and criticize faults, then they are all mine, they exist in my heart. I should not be proud that I am prone to correct others, it reveals my many imperfections. When I have eyes only for pleasant sights, when my words are dipped in approbation and kindness, then I know I am attaining perfection.

## FRETTING

Life is not given you to fret,  
Life's purpose is to tread the paths that up  
to spirit wind.  
Your cares and worries then forget;  
To fret is a grave insult to the pow'r that  
gave you mind.

Time so valuable and precious is put to dangerous use when it is spent in worrying or complaining. Life to be richly lived, should be the quest of spirit and truth. Nagging, jealousy, envy, faultfinding, are destructive methods for employing your time. Think of the rich blessing of mind and the ability to think. Think also, of the evil of using thought for a destructive purpose. Turn your thoughts now into higher channels and life will smile on you and bless you.

GLADNESS

For pearls you have, be glad  
And give thanks too, for blessings which  
the future hold.  
Then in a wondrous way  
To-morrow they begin in your life to unfold.

To rejoice much is to worship much. Give thanks at every opportunity. Joy is pleasant sauce, serve it with your conversation. The grateful heart attracts goodness and reward. If you see far ahead, the blessing that you consider should be yours now. Just visualize it as your own, that it is necessary for your present happiness and benefit. Think of it as actually being in your possession, smilingly welcome it, mentally use it and soon it becomes a real actuality in your life.

## PROMISES

If promises you idly make and keep them not,  
reform.

'Tis good to promise much but ev'ry promise  
too perform.

A yard of performance is of more value  
than many acres of unfulfilled promises. You  
owe no debts when you give what you state  
you will give. You are always in debt to the  
world when you do not fulfil your pledges. A  
black mark is placed before the name of the  
promise breaker. See that you do not deserve  
such a sign.



SHADOW AND SUBSTANCE

I err, if I but waste myself

    Upon the shadow I see on the ground.

But if I use it for a guide

    The greater thing, the substance, may be  
        found.

Chasing shadows is not a waste of time, if ultimately they lead me to their source. But if I grapple only with shadows, I shall never grip or contact the real—the substance.

## COMPENSATION

Some things may go to waste and deeply sink  
into life's river,  
But smiles and cheer and loving deeds return  
to bless the giver.

The bread cast upon the waters returns after many days. The help and inspiration you have given others in the past is not one whit wasted. Ofttimes good is tardy in returning, but keep on thinking fine thoughts, loving, and serving others and the reward is certain to follow. The comfort attracted to your own heart by the knowledge that your work has brought sunlight into other lives is, however, in itself abundant compensation.

A WISH

May my heart be

The heart of a child with no malice there.

May my soul be

The soul of a man true, upright, and square.

“With malice toward none, with charity for all,” are good words to remember. A kind heart, an understanding mind, loyalty of soul, with these three principles one can go on and on; the world is his and all there is in it.

## UNDERSTANDING

The man of understanding tries  
True wisdom in his heart to keep,  
So wisdom issues from his lips  
Whenever he's constrained to speak.

Wisdom is the principal thing. You know where you are heading when understanding points the way. It is wise to follow the man who knows and knows that he knows. The man who theorizes and guesses is not a safe guide. In all probability, it might be better to follow your own dictates than his. Desire wisdom everlastingly; grow daily in understanding and the world holds an exalted place for you.

ALL IS CHANGE

Life is so strange.

What would not sell but yesterday, to-day is  
dear;

The thing to-day we hate, to-morrow makes  
us love;

What we sought long for yesterday, to-day we  
fear;

What yesterday was on the ground, now  
flies above.

Life is but change.

The supreme truth of the universe is the  
continuity of change. The weather, styles for  
women and customs of the people, fully cor-  
roborate this great truth.

A WORD

The words I speak each day,  
Go far and wide, last long.  
May not one bring a tear  
Or do another wrong.

If I am careful and thoughtful when I speak, I shall hurt no other soul. If I am indifferent in offending others, I likewise injure myself. May the proper spirit radiate from my conversation. May I not mingle selfishness, gossip, slander, or grumbling in my speech with others. May the words I use be forceful, resolute, brave, and dynamic. Then I shall have no fear my words will ever retard and hinder the advancement of another or impede my own growth.

## IMPROVEMENT

May I ever live this good rule  
to the letter,  
When I make a change to know it's  
for the better.

Not to go backward, but forward, is a sane desire. To be slow to make an important change observing always that the pending change means an improvement over the existing condition. Not to let the fear of changing force you to accept a second-rate livelihood. Never be fully satisfied with yourself and your dissatisfaction will act as a self-improvement goad. Also strive to improve your environment. To be eternally dissatisfied, but never unhappy is a wise attitude toward life.

## PLANNING

My actions are intelligent if I observe life  
through,  
With predetermined purpose, plan and think  
before I do.

If I know where I am heading, I have a good chance to arrive at my destination. If I start out to reach my objective without knowing the way, in all probability, I shall lose much time or perhaps never reach my goal. All action is preceded by thought. Thought therefore is the most important principle of life. Clear thinking I need above all else to make my every action wise and intelligent.



## ACTION

It is a sin to slowly trudge,  
Be up and doing, liven up your pace,  
Move swiftly on with vict'ry's urge,  
Sloth handicaps and makes you lose the race.

There is more heartening and encouragement in life with brave action. Do not slow down because you lack a fife and drum to quicken your steps. Visualize a mental band and march to its lilting swing. Slowing down is an unforgivable sin. Prevent inner rust and decay by constant dash and activity. Old age is long deferred if you avoid stagnation and the blight of mental and physical inertia. March on and keep on marching.

## FAILURE

All failure is a lesson sent to teach,  
So do not fret when life gives you a licking.  
Live so that failure your life cannot reach,  
The life of grit and perseverent sticking.

To hold on is to win out. It requires no special training or wisdom to quit or abandon the fight. Keep fighting until the light breaks through and victory is assured. Regard every experience of life as a special lesson for your own individual benefit. To persevere is the road to final triumph.

## UTILIZATION

The blessings which I now possess  
I've won them all by methods right.  
Now I must closely watch that I  
Use all these precious gifts aright.

My talents, powers and capacities are developed to a higher degree if I put them to good use. But I must use them else they shrink or are taken away from me. I should be thoroughly appreciative of the goodness of life and never neglect to share my blessings with others.

## WATCH YOUR FEET

I am not wise, if I engage

In things I do not understand; my feet just  
wildly splash around.

But I may truly be called sage,

If I hold to the thing I know and keep my  
feet firm on the ground.

It is dangerous to get beyond your depth. Particularly in higher studies. Know the laws of your body and mind before you attempt to become an adept in occultism or kindred studies. If your body is well, if your mind is normal, you will not lose your foothold on the friendly ground. But plunging wildly into pursuit of higher understanding without keeping in touch with the lower, one is liable to lose his equilibrium. Know all the facts and mysteries of life and the universe, but never, never forget to keep your feet on the ground.

### THREE FRIENDS

Three comrades good to have in life, to travel  
wide with them,  
Safe they will guide your barque and all un-  
friendly currents stem,  
And help you on to health and power and fat  
your pockets fill.  
These loyal three good comrades are—To  
Know, To Do, To Will.

If I know, I am prepared to advance on my  
way to success. If I do, I am utilizing my  
knowledge, thereby turning it into wisdom. If  
I will to persevere in doing until I attain the  
reality of the mental picture I have visualized,  
I am certain to attain my objective. Know,  
do and will and watch your dreams objectify.

## DEVELOP YOURSELF

I do not do right if I rob someone else  
Of his wisdom or pelf;  
The best thing to do to find knowledge and  
gold  
In the mine in myself.

Do not envy the wise or rich, become wise and rich yourself. The richest mine in the world is within. The awakening stimulation to explore this inner mine will in all probability come from an outside contact or suggestion. One gets his greatest stimuli from reading and personal contact with magnetic personalities. Do not hesitate to use the many wise sayings given to the world by teachers of the past, but also develop an originality of your own. This power of self-improvement is within the province of every man. The more it is exercised, the larger it develops.

## NAMES

Names mean so much, our nicknames most.

Study this one as a beginner,  
The man called Shiftless never yet  
Has leaped across the tape a winner.

When there is a promotion to be offered, here are some of the names which will never receive consideration: Shiftless, Thoughtless, Always Late, Getting By, Indifferent, Excuses, Good Fellow. Watch your habits, and if you do receive a nickname let it be such as—Live Wire, Get There, Making Good, Determination or some cognomen equally worth while.

THE AWAKENING

The tow'ring piles of learning which our cities  
    grace

Are but the lengthened shadow answering  
    the stroke

Of him who on the cave's rough wall in un-  
    known place

Laid the first conscious mark, the day man's  
    mind awoke.

Down through the ages from a lowly be-  
ginning man has come answering the call of  
his soul—progression, development, growth,  
evolution.



LEND A HAND

As you travel safe on the swift train of life  
And look out at the chap without fare,  
The fellow that's wrecked on the railroad  
called strife,  
Why not wish him good luck when you stare.

A thought will help. But it is of greater  
worth to add to the wish a deed. When you  
see a brother stumbling bewildered on the  
road, use your lips to advise him and lend one  
hand to lift him and proffer something tan-  
gible with the other.

IMAGINATION

The only way to keep a lap ahead  
Is not by thunder stealing, copying or imitation,  
Nor by employing what you've heard or read,  
But by your pow'r of mind expressed in apt  
imagination.

Mind is the master builder; use your power  
of imagination every day, and you will keep  
so far ahead, you are always out of sight of  
your nearest competitor.

JUDGMENT

Forbear to scoff and jeer at those you meet,  
Those prone to scoff, not toward greatness  
but to trouble move,  
Love not the tott'ring cynic's judgment seat,  
Silent or absent be, if you lack judgment to  
approve.

If you are inclined to scoffing, before your life is blasted, drop that bad habit. When scoffing becomes your held idea, either work at it for a living, or else quit it. The cynic is an individual who loves to hurt and hates to commend. More worth in building than in tearing down.

KNOW AND RECEIVE

All things are possible, I'm sure.  
For every problem there's a cure,  
There's really no such thing as can't,  
I wish I knew just what I want.

Some folks wonder why they are not receiving, often it is because they do not know what they want. It is possible to obtain your desires if you state them. Desiring one thing and expecting something else is not a good or successful plan. Know what you want, ask for it, work toward it and it must enter your possession.

## REFLECTION

'Tis well at close of day to sit  
In silent retrospection.  
In silence there is power and strength  
And peace comes from reflection.

In the sanctity of your own room, with clasped hands and closed eyes, you may get in tune with the Infinite. Each evening in silence you should mentally review your doings of the day, checking up your mistakes, correcting your unwise decisions. Such a daily course soon leads to an almost flawless life. Great souls love to sit alone in silent meditation; try it and rejoice in the surpassing peace it affords.

## RIDICULE

To ridicule the man whose faith is slight it  
may confound,  
But to the great soul ridicule makes his faith  
more profound.

The man who ridicules is really the one to be ridiculed. If he is not checked in some way, he is heading toward a yawning abyss. Thoughts affect you whether you know it or not. Ridicule and hurt the feelings of a sufficient number of sensitive people and their hurt feelings combined engender a sufficient vibration to seriously injure the health or mentality of the offender. Naturally the scoffer would ridicule this statement, that's his business. Nevertheless, remember the falling walls of Jericho leveled by the combined held thoughts of the Israelites.

## A VIEWPOINT

The man who works and looks for praise,  
His work is all undoing.  
The greater thing to know yourself,  
That good work you are doing.

Honied words may be pleasant reading or sounding for the shallow soul who loves to feast on approbation. The man of power and conviction requires no gushy or frothy commendation. He recognizes that good work well performed is the only thing that speaks in universal language. It is the true passport to the land of Heart's Desire. It is nice and pleasant to learn that your work and efforts are appreciated but if there is a tendency to lean and look for laudation, do not bend in its direction. It is a point of danger instead of inspiration.

NATURE IS DIVINE

All true divinity in Nature is outspread.  
This statement some may doubt and at it  
shake their head,  
But every leaf and bud, and raindrop, is a  
sign  
Convincing to my soul that Nature is Divine.

The glory of a sunset, the peace of the hills, the hush of a summer's evening, the warble of a song bird; these are all divine manifestations. Poor minded is he who cannot recognize the "Giver of Life" in every expression of Nature. To find God, turn to Nature, not to some far distant, intangible place.



CHOOSING

In depths of life I choose to live.  
Not in its outer strata, but  
Close to its essence and its source,  
Deep in its fullness, not its rut.

It takes more effort, thought and desire to live abundantly, but the rich, full and opulent life is the only one worth living. Every man must choose for himself. Environment dwarfs the weak man. The man of will and wisdom is so strong he is able to dictate to conditions, and shapes his own life and fate.

IDEALS

Only as high as we aspire to, can we grow.  
That is the furthest limit well it is to know.  
Wise is the man who lets no limitation dim  
And downward turn his eyes from heights  
that beckon him.

We climb on our ideals, dreams, aspirations  
and visions. Only as wide as our desire, can  
we travel. Only as high as our ambition, can  
we ascend. Life is a game for climbers, not  
quitters. Climbing imparts strength; relin-  
quishment weakens. Strength masters weak-  
ness, so keep on climbing.

## PURPOSE

Move on to greatness, genius, liberty and fame,  
Spurred by ambition's whited heat and leaping  
flame.

It is great to have a consuming desire. Life is so narrow and grey without a hunger and a thirst for the acquisition of a visioned goal. Do, without tension, but do everything with power and deep intensity. With intensity of purpose, add power of imagination, and you have an unbeatable combination that will help you to win every triumph life holds.

TRAGEDY

Find that which you can do the best and that  
thing do.

At end of life 'tis sad to hear a man relate,  
After his life is lived and spent and almost  
through,

He has just found his real niche. 'Tis then  
too late.

A great tragedy is to spend precious years  
drudging at some labor of an incompatible  
nature and neglect to seek and search for the  
work that was really your mission in life. Un-  
less you love your work, it is not your true  
life's labor. Be everlastingly on the alert to  
find the work that brings in its performance  
joy to heart and soul.

## YOUR FACE

Your face shows you. As you go round  
From place to place,  
You advertise what's in your heart  
Upon your face.

You are a living advertisement of yourself and the world reads your face and acts according to that which your thoughts have traced there. Think well of yourself; develop the power of self-confidence. Act quickly and accurately. Work everlastingly and intelligently. Think serenely and your face will never cause you to blush. Your future, too, is assured.

## OVER STRIVING

The work that takes an hour to do, cannot be done in just a minute.

Work never can complete itself; someone is needed to begin it.

Ere on your journey you have set, do not expect to be arriving.

The greatest fault of life is this impatient, thoughtless, over striving.

Get a sane outlook on life. No miracles every happen in nature. Do not look for miracles or expect any to happen for you. Plan, think, do, will, and you successfully accomplish. Place special emphasis on patient doing. Hurry and worry spoil your otherwise good efforts. Learn to work with clear eyed vision and clear headed understanding.

DESIRE

The thing I want may for a time recede far  
off or hide,  
But if I keep desiring, heart and soul unsat-  
isfied,  
Refusing any substitutes that life may press  
or bring,  
True to my purpose undeterred, I must attract  
that thing.

Pertinacity of purpose, dogged resolution  
to attain the best in life, indomitable power of  
will to keep battling for the thing I must have,  
will in due time win it. The weak mind is  
easily sidetracked and turned aside. The  
strong man with predetermined purpose backed  
up with an inflexible will, cannot be denied  
that which his heart desires.

MY PLEA

To have my neighbor live as I  
Is not my wish or plea,  
But only when I truth express,  
In that to copy me.

Insofar that I am wise, good, and intelligent, do I wish others to imitate me. I do not want others to hamper themselves with my many imperfections which I am aware I daily manifest.



WHICH

A friend or enemy may be adversity,  
Prosperity likewise, a friend or foe may be,  
Prosperity my life may brim up full of need,  
And by adversity I may from need be freed.

Success sometimes engenders a desire to stop working, thus it becomes an adversary. A full life is chiefly won through good work joyously performed. Adversity by its goad forces one to think hard and work hard, thus it becomes a friend superior to the ease of prosperity. Know how to deal properly with adversity and prosperity and they are always friendly in their aspect.

HARM

Harm may be wrought  
By heartlessness.  
Greater is brought  
By thoughtlessness.

Think well before you speak or act. Many a mistake and heartache is thus avoided. Remember that people have feelings. Do not be so lacking in tact and sympathy that you ruthlessly hurt the feelings of sensitive souls. Thoughtlessness and heartlessness are not lovely manifestations. Avoid their presence as you would the plague.

## A WORD

The weary trav'ler I met on the road,  
As I passed by I called to him "God Speed,"  
As if by magic lightened my own load  
And winged feet soon put me in lead.

A word of inspiration is mightier than a million groans of regret. Lighten your own burden, make your own cross easier to bear by cheering your brother wayfarer. Life is giving and taking. Ensure that your future harvest will be good and precious by sowing to-day the seeds of generosity, mercy, tolerance, unselfishness and helpfulness. Watch that your mode of living will not encourage the growth of life's thistles and weeds.

## IMPROVEMENT

The breath of yesterday  
The present moment cannot stay.  
My thoughts of yesterday  
Are not sufficient for to-day.

Conditions are changing every moment. The plan that worked so successfully yesterday is of little value to-day. Have no rigidity in your life. No utterly fixed unchanging rules. Failure stalks the man who boasts he never changes his mind. It is a divine expression to form new opinions and habits. Danger always lies in a mind closed to new ideas and fresh truths

## GIVING

Give not because another man you owe,  
But give so you may better live.  
There is no space without the outward flow,  
Make room inside for more and give.

To hoard means to encourage need. Giving is living and supply. Without an inlet and outflow, there can be no harmony. Cities become great by generous spending and giving. Men become great by thinking great thoughts and giving to the limit of themselves. Give ever, give wisely but unstintingly. Error lies not in spending, but in withholding.

## MY DEBT

Boast not you owe no debt to any man, indeed  
you do,  
And payments never made in full by any man  
or you.  
The debt each day at which you should com-  
pel yourself to labor,  
To better understand and as thyself to love  
your neighbor.

Understanding is the bridge that crosses  
the river of discord. Value the friendship of  
your neighbor, rejoice in his success, sym-  
pathize with him in his period of sorrow.  
Learn to understand your neighbor and re-  
spect him. Make it plain that you trust and  
love him and he will be constrained to do like-  
wise toward you.

## MY OBLIGATION

When I'm inclined my ire to vent with anger  
    red I am imbued,  
From others I should move away until my  
    passion is subdued.  
'Tis bad enough to hurt myself with temper's  
    aggravation,  
But those around me I should spare; this is  
    an obligation.

Recognize that you owe an obligation to others. You have no right to hinder or impede the growth or advancement of another soul. Many children's lives are blighted by the bickering of parents. Giving expression to anger in front of children is a dangerous procedure for yourself and the unfortunate children. Nerves are wrecked, health is shattered, lives are broken by uncontrolled anger. When you feel anger surging within your breast withdraw from everybody, thus you save them as well as yourself.

PAYMENT

Reward that is material in coin all men receive,  
But praise for them it is not wise, or fair, or  
good to leave  
Lodged in your heart unsaid perhaps, to  
quickly be forgot.  
Pay and commend, then you have paid in full  
for all you've got.

We all need encouragement, not frothy flattering. Pay your way, and as you open your purse speak a word of commendation. Thus the recipient receives material and spiritual compensation. Life is hard at its best, few find it to be a bed of roses. A word in season is a great help to you as well as to the receiver.



## WORDS AND WORK

The world stops and contemplates  
The doctrine which you teach,  
But you are judged by works alone,  
Not by the way you preach.

It is deeds that count for most. Words may issue in endless flow from your lips. But words are meaningless and unproductive unless they are the means toward a worthy end. Aim to be a doer as well as a speaker of the word. The power of the spoken word becomes apparent only with the finished deed. Let your completed effort be worthy only of your highest thoughts, ideals and doctrines.

## MY DUTY

A sacred obligation do I owe,  
This duty is indeed life's acid test;  
Wherever I may be or chance to go,  
To look and act and live my very best.

Life is only loaned to us. In return for the gift of life, we should show our appreciation for the thrill of living. No man lives unto himself. Each man influences consciously or unconsciously those around him. What a great source of comfort it is to the thinking man to recognize that his presence in the world is a comfort and uplift to others. That his life is a spur and goad to others to live in a higher and better way.

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JULY THIRD

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## KINDNESS

Play not the rudeness part, it is not of the soul,  
No learning great or wisdom does it take,  
But play each day you live the happy kindness  
    role,  
Then by your act a better world you'll make.

Roughness and incivility in your daily contacts are to be deplored. Encourage your mind to better understand the motives of others. Bear with others, do not misjudge or misquote others. Think kindly and act well disposed toward everyone, and never forget to smile often.

DISCERNMENT

If sky is overcast with grey,  
    These grey clouds I should wisely see,  
But also I must scrutinize,  
    If not a bit of blue there be.

If there is a tendency in your life to look for grey clouds instead of the blue of the sky, change your inclination immediately. All the trouble you meet in life is the reflection of your troubled thoughts and opinions. The light of joy is always shining somewhere. Instead of bemoaning the grey and accepting it, turn your eyes in some other direction and look for the color of joy and promise and it stands revealed.

YOUR LIFE

Strive not to live another's life,  
It is a foolish deed.  
Each man must live his life himself,  
It is his special need.

The essence of poor judgment is to let another lean too heavily on you. By all means, share another's burden, but do not volunteer to carry his special cross on your shoulders; you have your own personal yoke to bear, and it is your duty to be good to yourself and assist your own life to a higher plane. Therefore, it is not wise to spend all your time helping others if you have to neglect and injure yourself.

The danger of promoting selfishness in the heart of the one you help is avoided if you stress the importance of his learning to help himself.

## FORGIVENESS

It is not good if you've been injured by someone, that one to hate.

Hate is a poison never tuned or linked with anything that's great.

Hate hurts the man who sends it out, that man alone it will defeat.

Stop hating and forgive instead. Forgiveness, not revenge, is sweet.

Learn at once the futility of hating another soul. In the end, you injure yourself alone. The metaphysical reaction to hate is a similar vibration attracted to your own life. Remember always hate brings hate.

## HEALTH

Life's greatest power—good health—must go  
Before its benefits we know,  
Its value dawns when it we miss.  
Life's greatest tragedy is this.

Health, life's most precious possession, may be yours always if you discover and harmonize with its simple laws. Whenever you walk or move, breathe the vitalic way. Eat in moderation plain, wholesome food. Take a long walk daily. Keep relaxed and happy. Sleep seven or eight hours each night. Be a stickler for cleanliness. Learn to think clearly and serenely. Thus, you have the essence of good health in a nutshell.

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JULY EIGHTH

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## PURPOSES

Have many daily purposes, these two are  
good;  
To feed your soul each day, some love and  
kindness food,  
And without thought or hope of ever being  
paid,  
The progress of a struggling soul to onward  
aid.

The chief purpose of life is higher growth through personal effort. Love is a supreme stepping stone to greater growth and a richer life. Keep the spirit of love very close and let its benign influence soften and sweeten your daily existence. The quality of kindness is a force for advancement. Use it to bring more purpose into the lives of every weary soul coming under your influence.



LIFE'S LAW

Forget when you do well, break not life's laws  
by telling of your action.

Mention the deed against life's laws, it then  
becomes a grave infraction.

It is unwise to keep reminding the recipient of a favor that you have granted. Do good for its own sake, then promptly forget it. But nothing is lost, in due time the result of your kindly act will return in the shape of a great and unexpected blessing.

CONSCIENCE

Regret is deep when life's last evening falls,  
To hear the voice of conscience when it calls.  
Good you have done, but that which matters  
    most,  
Things you have left undone to life are lost.

Watch your life: particularly should you  
scrutinize that you force yourself to perform  
all your life's program, not only a part. The  
great closing solace to a well lived life is to  
have the complete assurance that its every  
moment was completely filled with the doing  
of things that mattered most.

## A SUGGESTION

It is a loss of pow'r to quote too often in your  
speech "this man has said,"  
Or "He says this," or "They say that." You  
are thus into maze like vagueness led.  
Quote by all means, but not too frequently on  
others and their thoughts to dwell,  
Discover some great truth yourself; the world  
will listen if you tell it well.

The world has a high place for the man of  
self-confidence. Learn to develop power  
within and speak of your inner power. And  
when you speak, let the voice of authority  
emanate from your lips. Learn from others,  
quote from the lives of others, but see too that  
you unfold your own personal powers.

## EXPERIENCE

To clear out all life's darkness  
And to scatter fogs so dense,  
Turn on the light illuming  
Of your past experience.

Experience is most useful when it is regarded as a great light to guide in safety your present and future life. Only a fool will ignore the experience of others as well as his own. Decide on action by your experiences of the past. Profit by them, use them daily to shape your present course and bring your present journey to a happy ending. Life is a great university, and our experiences are the lessons we get. Learn by each one; they are all revealing mirrors.

## COMPREHENSION

He who is but a fool, can never see  
with both his eyes,  
That which is comprehended by the  
heart of one that's wise.

Ignorance of the heart distorts the vision of the eyes. To observe with clarity and crystal-like clearness one must drink at the fountain of understanding. By wisdom alone one can see comprehendingly. The best physical sight cannot perceive unerringly without the greater sight of a wisdom filled heart. When you boast of good sight, be especially proud of a heart that truly feels and sees.

MY TONGUE

Great instrument of pow'r thou art, this bone-  
less tongue of mine.

Be ever what thou wert intended for to be,  
divine.

Only may thoughts of goodness, truth and  
mercy my tongue reach,

Thus may a force for good alone flow forth  
in all my speech.

Silence is the greatest virtue of life.  
Speech is great, but silence is mightier, and  
when the tongue is used, it should be employed  
as a force for progress and inspiration. Speak  
not to injure another, but have the thought of  
blessing him in your mind.

## A WORD

A mighty tree comes from the planting  
of a single seed.

A word of mine, if planted right, may solve  
another's need.

A word of encouragement may seem little  
and slight in itself, but its result may teem  
with life building possibility. Be a millionaire  
in friendly greetings and a pauper in scowls  
or unfriendliness. We live but once, let us all  
resolve to sow seeds of kindness as we follow  
the pathway of life.

## EXTREMES

Not in extremes, live in between,  
'Tis best to ever try.  
If you're too soft, you will be squeezed,  
And broken, if too dry.

The road of moderation is the easiest to travel. The road of extremes may beckon most alluringly, but stick to the "in between" policy. Be moderate in every phase of living. Cultivate a wholesome desire to be well balanced on all subjects. Do not allow over enthusiasm or extreme pessimism to rule you. Always the sane and normal moderation policy.



LIES

The only good there is in telling lies,  
their only mitigation,  
Corroborating the first one develops  
your imagination.

Start the lying habit, and you will require a good memory or a deep sense of imagination to keep it up. A lie is the most needless thing in the world. Lying has to be supported. To substantiate the first lie, a dozen new ones will have to be imagined. It is dangerous to lie because lies have a persistent habit of being quickly found out.

## CHARITY

If tolerance and charity I lack,  
Only myself I injure and attack.  
Intolerance is hate's most evil curse  
And lack of charity is even worse.

Lack of charity is the brassy sound of life. It takes a great soul to express consistently the spirit of tolerance and charity. One cannot have too much of these divine principles. Because a man's viewpoint or religious training is different is no reason whatever for his condemnation or revilement.

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## JULY NINETEENTH

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### DAYS

The essence of all wisdom is true poise to cultivate,  
So that the day that frowns on me, I'll think  
and rest, and wait.  
And every day that smiles on me, when gloom  
and frowns are fled,  
With mind and body all renewed, I'll onward  
drive ahead.

Some days are days that mar, others are friendly smiling ones. But every day may be turned to a wise use by the quality of proper adjustment. Make the right decision and even the frowning day may be transformed into a happy, useful one.

## A CLOSED MIND

If we hold close to ancient thoughts,  
Rust forms within the brain,  
But if the mind is opened up,  
The rust's scoured off again.

There is always hope for a brighter day and a greater life if we keep our minds open to new truth and fresh ideas. Permit no mental stagnation to become a part of your life. Life is a great experiment; if your old thoughts will not stand the test of experiment then they are not worthy to hold to. Do not live in the old dead past. Renew your mind with the breezy freshness of the thoughts of to-day.

## THE TURN

When reaches the flood tide of fame and gain  
Then comes an ebb of pow'r.  
Change turns the flow and outward does it  
wane;  
Anticipate that hour.

There is always a saturation point even in life itself. In business affairs it is well to be watchful of one's affairs. Life is ebb and flow, just the waves of the sea try to teach us. Provide for the waning day by reaping a full harvest of the days of increase. By holding to a goodly share, the future will not be one of limitation or want.

## TWO WAYS

Love pays in full with joy two ways  
you will perceive,  
Joy you get in giving and joy  
when you receive.

Demonstrate love, have each day be a season of generous giving as far as love is concerned. A friendly word, an interested call on the telephone, a smile on your lips. These are all manifestations of love. The greatest joy of love is not in its ostentatious expression, but in the beauty of its many little ways of expression. The way to joy is indeed through the two love ways in its giving and receiving.

## JUDGMENT

Not in the thing afar, unseen should I give my  
attention first,  
But rather things that are close by I should  
endeavor to be versed.  
Then as I prove my mastership on that which  
be close to my hand,  
In time I know things now unseen I shall be  
led to understand.

The great first rule of success is to begin to do well the thing that is first in hand. As you perform tasks worthily so your capacity to grow increases in the same proportion. As you develop, the scales are removed from your eyes and you get a glimpse of the higher or unseen forces of our universe.

THE ARTIST

The artist's is the noblest soul  
That ever stepped upon the sod,  
For with his brush he duplicates  
The colors used and brushed by God.

One who can interpret the mind and design  
of the Divine Creator is indeed a master soul.  
A true artist is not to be lightly regarded. He  
has taken a higher step than the average man  
and sees a little further because of his sharpened vision.



SHAME

Let not your heart swell up with pride  
Concerning how you've won and striven,  
But rather be ashamed because  
So little you have done and given.

Be not prone to vanity or boasting for the greatness of your past performances. Be glad and give thanks by all means for any worth while or useful contribution to human life. But do not stop there, go on ahead and determine you will still find higher tasks to do and you will proceed to do them better than before.

MY PLAN

To help the growth of every thought  
That would make me a better man,  
And stifle every lowering thought,  
Will ever be my life's held plan.

All positive thoughts are forces for progress, negative thoughts are retrograde ones. Positive thinking is toward the stars, negative thinking is toward the earth. Favor happy, resolute, logical, cheery thoughts. Stifle the lower and baser ones.

ASPIRATION

This thought I'll ever strive to live,  
And to it pay full heed,  
To have expansion of the oak,  
Be upright as a reed.

The acorn holds the sleeping potentiality of the mighty oak. In every man there lies the slumbering capacity of genius. Develop these mighty inner powers and with all growth weave in the strength of higher character for complete fullness of living.

## PAYMENT

Cheap it will wear—the thing for which in full  
you do not pay.

For lasting satisfaction always fully pay your  
way.

Easy come, easy go. The non-paying way  
is but a shoddy imitation of the real way. Pay  
as you go, do not expect to profit very much  
with what you get without paying for it. Do  
not look for something for nothing, pay the  
necessary price and yours will be a life of no  
regrets.

THE MESSAGE

I heard a ringing voice one night,  
It thrilled me through and through.  
Its message helped me win success,  
Four words, "There's more in you."

There is more in me. No matter to what heights I have climbed, it is pitifully small in comparison to the greater capacity within. To bring out that greater inner more will be my daily endeavor. To give more and better service. To be more loyal and true in my association with others.

## SUCCESS INSURANCE

No want can overtake me,  
nor can any kind of need,  
I cannot fail because I am  
determined to succeed.

The power of ambition, confidence and determination cannot be overestimated. Determine with all the force of your being you are going to succeed. Know in your depths you can succeed and you must and will succeed. Success may be attained by holding to a pre-determined plan and working unstintingly until you arrive. If you lack money, that should be your greatest spur to deserve success. You can win if you make a start in the right direction.

## TESTING TIME

You do not fully know yourself,  
Your weakness or your pow'r,  
Until misfortune strikes you down,  
That is the testing hour.

The supreme test of a man's life is his attitude under the blow of misfortune. Man was not blessed with his marvelous mind to remain down a broken victim under the crushing blows of life. Have a philosophical turn of mind and be prepared to meet any emergency in the proper attitude.

REMUNERATION

For work I do and ev'ry man there are two  
wages placed and set,  
And when the work is all complete these wages  
I and all men get.  
First comes the payment made in coin for  
finished labor, work, or action,  
And for the doing there's the pay, the wage I  
draw is satisfaction.

The uncongenial work affords unhappiness  
in its performance. The joyous work brings  
satisfaction in its doing. You are true neither  
to yourself nor to your employer if you remain  
doing work that is but a dulling grind.



## SPENDING

The better life is not just holding on or mere accumulation,  
But rather that of giving, spending, keeping things in circulation.

To give is to receive. True giving is real living. If every person holds on to what he has, there is no great circulation and stagnate conditions are thus formed. If the blood stops circulating, death ensues. Cities become great because of great spending of money and energy. Do not hold on to all you possess, keep giving, and greater living is assured for everyone.

HOLDING

Not only must I hold to thoughts  
Whose power for good shall ever last,  
But see I drop decadent thoughts,  
The useless baggage from the past.

Clear out the rubbish of wrong thinking.  
Trample down underfoot the negative, cheap-  
ening little thoughts. Plant inside the greater  
and finer ones. Life is well lived only when  
you do not burden yourself with useless un-  
necessary baggage. All retrogressive, past  
thoughts divert one's attention from his work  
of the present hour. Hold to the good  
thoughts, cleanse yourself of old or limiting  
thoughts and you move forward more easily.

MY OWN

In east, or west, or north, or south, no matter  
where I be  
That thing desired from depth of soul cannot  
be hid from me.  
So will I hope and carry on and keep my  
courage true,  
My heart's desire I'll find because, 'tis search-  
ing for me too.

Your own will come to you some day if you  
remain loyal and true to your vision and de-  
sire. It is thrilling to know that your own  
wants you just as intensely as you want it.  
Keep hope alive in your heart, be faithful in  
your quest, and presently you will securely  
hold the longing of your soul.

LIFE BUILDING

Man builds himself, ills, health, cares, wealth,  
All he has wrought.  
The building substance used by man  
Is his own thought.

There is nothing in life which is not the result of thought. If your life is not as pleasant as it should be, change your thought and become transformed by the renewing of your mind. Thought is a great magnet to attract good or evil. The wise man uses his mind power as a great force of attraction for life's richest blessings.

TROUBLED WATERS

In storms at sea,

The captain of the ship oft' pours upon the  
raging waters, oil.

In storms of life

Pour out the oil of self-control when anger's  
seething waters boil.

Gentleness of speech is a token of a fine soul.  
A spark of anger is necessary for protection  
from exploitation. But let anger be slow and  
infrequent in its expression.

MY DUTY

My duty to each passing day  
And my responsibility,  
To keep alert all through its hours  
For its full possibility.

Do not live on the outer strata of life.  
Delve deep into its fullness and abundance.  
Life may be lived in a lean narrow way or in  
a broad and comprehensive manner. Endeavor  
to get all possible from life, a full measure for  
its blessings and treasures.

RESPONSIBILITY

In all my work and striving for attainment,  
pow'r, or pelf,  
None can delay or hasten on my progress, save  
myself.

If you lack the will to move on, you stay  
where you are or go back still further to the  
rear. Each man hinders or promotes his own  
progress. Know so much about life and liv-  
ing that you will never deserve the appellation,  
"he was his own worst enemy."

BUILDING

Not by desire to build alone,  
Do I construct or am constructive,  
But when I start to do and build  
Desiring then becomes productive.

Sitting supinely in a chair and hoping for something to turn up will not reap a fruitful harvest in the future. Be up and doing, then the future harvest is assured. Complacent affirmation and desire for fulfilment will not make it. Work does not do itself. Day by day, work and work hard and well.



## LIFE AND WORK

Life is not made for loitering, 'tis made for earnest work.

Nor is it made for indolence to sit, and dream, and shirk.

To live it best, it should be climbed until its top is won,

The path up to its crowning mount is joyous work well done.

Place intense emphasis on work. The whole universe is alive with industry. Harmonize with that divine principle. Work with a will and you in return will receive a glorious reward for the performance. Work as well as you know how to-day and try to perform better to-morrow.

TRUTH

Truth should be honored as life's greatest  
force, and never be abused.

Truth can be honored only, when it  
is applied, when it is used.

The greatest injury you can do to yourself  
is not to utilize whatever powers you possess.  
If you know something that is useful, then  
use that knowledge. To disregard one's  
knowledge of truth is a dishonoring of that  
principle.

## INSPIRATION

Man gains not by the meekness of unwholesome deprecation,  
But by the higher spirit of sane self-appreciation.

True dignity lies in wholesome humility. Not the crawling obsequious kind. Humbleness of soul is not a cringing attitude or a willingness to become a doormat for the rest of the world to walk over you. Never self-depreciate yourself. Aspire to greatness by great thoughts. Do not tolerate slavery of any kind.

## SEPARATION

Learn to discriminate:

That which is good into your life assist.

From you renunciate

That which is base, with all your power resist.

Nothing is thrust upon you, there must be the quality of acceptance on your part before you receive anything. If you are unhappy, with some of your present possessions, begin to unload one by one. Resist similar expressions again from entering your life. However, assist all the better things of life to enter and abide with you.

FREEDOM

If you'll be free, true freedom's glorious life  
Of health and joy and truth to know,  
No other man can wage your fight, for that  
You, you yourself must strike each blow.

Do not wait for others to fight your battle.  
You alone can free yourself. If you want  
anything, find its law and link up with it.  
Fight a daily battle for what you want by pay-  
ing its price in thought and effort.

### THREE FORCES

These are the forces mightiest that human  
mind to earth have brought,  
The artist's soul, the singer's voice, the player's  
touch, the poet's thought.

Some day the world will erect its statues  
and monuments to its greatest artists, musicians,  
singers and poets. Men and women who  
live in the spirit and not in the flesh.

REFLECTION

Life is a mirror, where I see my life and self  
reflected,  
Smiling or frowning, brave, afraid, well or  
with ills dejected.  
And as I look within the glass, it speaks quite  
plain to me,  
“You gaze upon the man you’ve built, the man  
you’ve willed to be.”

Blame only yourself, if you have built an  
inferior personality. Change your thoughts  
and the man you really want will arise. There  
is always time to come back if you earnestly  
desire to change.

## MY DUTY

If I utilize all knowledge that I find upon my  
way,  
I can better serve to-morrow than 'twere possible to-day.

In the act of living, look at things from the standpoint of your own growth. The more you know, the larger your life, the better you will be able to serve others, and the world in general. Each day should prove a growing one. It will be, if the desire for unfoldment is persistently objectified within, and the greater your growth, the more excellent becomes the quality of your service.



## TRANSITION

Knowledge itself is merely a potential seed,  
Waiting its planting time in some discern-  
ing mental earth.

Then with the consummation of the planting  
deed,

The shell of knowledge breaks, thus bring-  
ing wisdom into birth.

The utilization of knowledge is wisdom.  
Put your knowledge to work to-day, and per-  
haps to-morrow the world will refer to you as  
“a man of wisdom.”

## INDIFFERENCE

Not to fall down and stay that way was your  
life giv'n or meant,  
The urge of life should ever be to rise and  
do and win,  
Life has no zest without a challenge to all  
false content;  
Indifference is mankind's greatest fault and  
master sin.

Never make a habit of lolling indolence.  
The life of ease and indifference is opposed  
to all divine law. Purposeful work is the ob-  
jective of the universe. Keep in line with that  
supreme end and all will be well. To work  
intelligently, is to win. To stay down because  
of a passing misfortune is your greatest  
error.

PLANTING

I'll hold myself receptive just to  
wisdom's thoughts and truth,  
And that kind only in my mind I'll  
suffer to take root.

Concentrate on keeping your mental garden filled with the higher plants of wisdom, truth and optimism. Keep busy weeding out the destructive roots of ignorance, envy and pessimism. In spite of all your alertness and watchfulness the garden of your mind will attract some of the noxious things. By faithfully doing your duty as a worthy gardener, very few will be suffered to thrive within.

## A FRIEND

When light has fled and hope has gone,  
When darkness seems without an end,  
You hear a voice, the darkness flees,  
Gone, with the coming of a friend.

One is never poor or unsuccessful if he knows that he has a good friend. We have to accept our relations, they are imposed upon us, but our friends we select. Be so worthy of the friendship of your friend that you can contemplate with equanimity the coming of a frowning day, because you know your friend's voice will be there to cheer and his presence will help to drive the shadows away.

## THE AWAKENING

Not all our pow'r at once can come to us and  
show.

Forces inside there are, as yet we do not know.  
Therefore, 'tis well a watch upon our lives to  
keep.

So we may use each pow'r new wakened from  
its sleep.

Every man is a potential god. The greatest tragedy of life is to live in weakness when it is entirely possible to live a life of power. Encourage new inner forces to develop and express. Do not be satisfied with a partial life, endeavor to live an ever increasing one of higher capacity and possibility.

## LOGIC

That which you give attention, multiplies,  
And that which you neglect, just stultifies.  
So dwell on good, and good will magnify.  
That which is base, forget and it will die.

Two wonderful words to contemplate, magnify and minimize. Magnify the good qualities in others, minimize their frailties and follies. Charity is extremely wise in one's judgment of others. Dwell on and give your attention to the thing you admire and desire and in other people. That aspect develop within your mind, it thrives by your attention. Neglect any unwholesome quality and it withers away.

### COMPLAINT

Nothing that's good is gained by grumbling,  
vain regret or lamentation  
When you indulge, you advertise, "Of  
weakness I'm a demonstration!"

It is so cheapening to yourself if you are a chronic fault finder. Work more assiduously and you will not find time to needlessly complain. The man who picks, nags or grouches, is a poor semblance of the hearty wholesome optimistic man.

A PLAN

Here is a plan whereby you make tomorrow  
your best day,  
More wisdom glean and work with more in-  
tensity today.

Observation is a great power for growth and accomplishment. Carefully perceive what is going on around you. Scrutinize only from a constructive viewpoint. At the close of each day, contemplate and meditate on what you have observed. The practice of daily observing and meditating will ensure in a short time freedom from making mistakes.



AN EXCEPTION

All rules of life have an exception, save this one  
When everything is said, all finished up and  
done,  
The great unchanging truth for every man to  
know  
He is his own best friend or else his greatest  
foe.

We cannot emphasize that truth too forcibly.  
You hold yourself back or you impel your  
ward progress.

## IGNORANCE

The greatest ignorance is shown when you  
accept its dwarfing groove,  
And never look around, and strive your wrong  
condition to improve.

It is not the fact that a man is down that matters but the fact that he is willing to accept defeat. Why stay in the rut of ignorance or failure? A higher life is possible, why not reach out for it? Strive to go forward, do not stay within the clutch of narrow limitations. Improvement is the order of the day. Search and seek for a plan of attaining a greater life. You are not placed here to be controlled, but to have dominion and control.

REFLECT

To treat a man just as you treat yourself, quite  
often is a sin.

How can you know the right from wrong un-  
less truth's lamp is lit within.

Without an understanding mind, you treat  
yourself just as a fool,

And treating others that same way, is not at  
all a golden rule.

Do not force your opinion on others: it  
might be erroneous. Be sure the true expres-  
sion of truth enlightens your understanding  
before you suggest your plan of life building  
to others.

## START SOMETHING

Start in life's race today, though last you finish  
up.

Next time you run maybe you'll hold a victor's  
cup.

Just make a start, resolve, breathe deep, leap  
on your way,

After the start, the path grows smoother ev'ry  
day.

Make a beginning and the rest of the journey  
will take care of itself. It is the taking of the  
first onward step that impedes the progress of  
millions. Dare today to declare that you are  
tired of holding back. That you are going to  
take the forward road and press onward to  
ultimate victory.

## SUCCESS

If you would win success and fame,  
Then follow this rule to the letter  
Success will flow to him who serves  
And keeps on daily serving better.

Serve very well today. Serve superbly well tomorrow. Serve increasingly better the day after, thus you go on from strength to strength and from power to power. Success is really a matter of enlarged service persistently and enthusiastically applied.

EGOTISM

When you are suff'ring from that ill of painful  
egotism,  
Thus to yourself you should address this truth-  
ful criticism,  
This old earth managed to exist and play its  
part before I came  
And when I leave, my passing out will not one  
whit disturb its game.

Let your only ego be a consuming desire to  
work hard and leave the world richer because  
of your coming into it.

BE A WISE SAILOR

To always look for summer seas  
Is not the wisest course or best.  
Sail o'er the wintr'y main sometimes  
Then you can meet life's ev'ry test

It bears repetition to point out that varied experiences are necessary for a fully rounded life. Sunshine and storms are both essential to our well being. We need the blow of the gale as well as the kiss of the gentle breeze. Know how to accept and utilize every condition and experience of life in the manner most advantageous to yourself.

## TIME

Much time we waste, that which is worth the  
most,  
And cannot be recovered once 'tis lost.  
No height too steep to which we could not  
climb,  
If we but knew how best to use our time.

Time is life's most precious asset. It is given to be used worthily, not to be uselessly frittered away. Time yields a return at your own valuation. Place a little estimate on the expenditure of your time and that it yields. Value time highly and it becomes increasingly more valuable to you.



## A GOOD WILL

The wisest will and greatest one to make :

Determine you will daily strive

To share your goods and heart and happiness,  
With those you love while you're alive.

Often lawsuits and much unhappiness are engendered by complicated or unfair wills. Decide how you are going to make your will and begin to live in its direction today. Spread a little sunshine on the path of those you love now, share your heart and happiness with them now and help them to solve their pressing need at the present moment.

## MONEY COUNTS MOST

In ev'ry business venture you take up or may  
engage,  
High sounding titles pay the least. Think  
mostly of your wage.

The remuneration of a position should be as profitable as its title. The man sailing under the colors of a hundred dollar a week job and receiving but half the wage is not held in particularly high esteem by the boss. Be worthy of the title you hold and be worth its full compensation.

DISORDER

The woman who thinks everything  
Is in a state called mussy,  
Is not such an affliction as  
A man who's known as fussy.

If there is anything more reproachable than a fussy woman, it is a man who has a tendency to fuss. No man lives unto himself alone. You mar or brighten those lives who through force of circumstances must remain in your environment. Do not continually fuss about order, how can one fully appreciate order without its occasional contrast, disorder?

## ENMITY

Men may hate you, but only when  
You express hatred too.  
Do you make foes? Cast out all hate,  
No enemies have you.

It is an indication of success to have enemies. But you are your own greatest enemy, if you allow the expression of outside enmity to inculcate the spirit of hatred in your own heart. Rise above hating. You have the law of the land to protect your interests, if you are criminally maligned. The law of compensation in due time settles the bill in full with the one who hates. See that hate has no part in your life.

## MIND'S GARDEN

Mind is a garden filled with weeds or lovely  
growing things;

'Tis thought that every seed into your mental  
garden brings.

Therefore watch well your thoughts and fer-  
tilize with skill and care,

And love and beauty, joy and health will al-  
ways thrive in there.

Each evening mentally review your life. En-  
courage the good plants to develop. Stamp out  
the ill smelling weeds.

## TIME AND WORK

Time is best invested and with greatest  
possibility is fraught  
When 'tis spent in work remunerative  
or on purpose building thought.

Think, plan and do. The proper returns are assured by constructive work projected from purpose filled thought. Work opens the way to life's greatest opportunities and possibilities. If you are ever in a position of indecision begin to work hard and you are almost certain to soon find the winning way to decide. Work smoothes out rough places. Mingle wise thought with your work and you are unbeatable.

## COMPLAINING

Stop complaining, save that effort,  
Yours and others' time it kills.  
Get to work instead of grumbling,  
Complaints never yet paid bills.

Do not encourage that habit of complaining in others or in yourself. Complaints are almost always unjustified, they are time wasters and business wreckers. Wherever you may be, forward right thinking and hard work and do all possible to discourage grumbling and fault finding. Some people are never happy unless they are picking or making complaints. It is a destructive habit.

## CHAINS

The chains that bind to ignorance are wrought  
from brass, and heavy they're to bear.  
Chains that encircle truth are forged of gold,  
soft, light, the only chains to wear.

We are all carrying around with us chains  
of one kind or another. The cruel, heavy chains  
of ignorance are most grievous to bear. The  
golden chains of understanding that bind you  
to truth are the most precious. Bondage is  
desirable or good only when it links you to  
wisdom.



## REWARD

Opportunity is waiting,  
    Standing ready by your door,  
If you can do something better  
    Than it has been done before.

Eternal dissatisfaction with your work is the way to more perfect service. New ideas and fresh discoveries almost daily prove that life is but a continuous change. Make it a constant progressive development as far as you yourself are concerned. Do things quicker and better and get ready to grasp the "forelock of opportunity" which must presently draw near because of your sustained good work.

## FRIENDSHIP

May I be prone to prove all through the day  
From early morn until it ends  
By earnest service, loyalty and love,  
I am full worthy of my friends.

Friendship is a precious bond between men.  
The only plan whereby you are constantly assured of holding friends is by the constant demonstration of your full worthiness. Be worthy of the friendship of your friend and he in turn will try to emulate your example.

## MEANING

When I talk of the color blue,  
May it not mean a day of sadness;  
But ever may it mean to me  
The sky is filled with color gladness.

In the laws of color, there are two significations to every color. A true meaning and a degraded one. When you speak of blue, may it mean the blue of the sky and not of your gloomy feelings. The blue of a smiling heart and song filled soul.

## CLEAR THINKING

Clear thinking is the science true of living,  
More urgent thought to it men should be  
giving;

If you think clearly with all your deciding,  
All trouble soon from you will off go striding.

Thought decides your every action. If your thought is not clear, your action will be confused. The first principle of successful living, is right thinking. Think without muddying the waters of the mind. Think without ambiguity or indecision. Clear purposeful thought will ensure clearness of action.

## JUDGMENT

In all judgment that I render,  
May to justice I keep true  
Not deciding with one story,  
Hearing all the others too.

Do not be deceived by flattery, gush or froth, these are all waste materials, a species of insincerity. Hear all sides of a story before you make your decision. Otherwise, your decision would not be upright or based on Justice.

## REALIZATION

All day for something you have sought  
In meadow, garden, mind and books, you  
have searched high and low,  
And after all your search and quest,  
You've passed all life's rich blessings by  
and hold in your hand woe.

It is a tragedy in this enlightened age to find people cursed by worry and fear. In spite of all the truth and progress of our modern times, millions cannot find true happiness. Do not wade through the blessings of life and emerge with the liability of worry as the result of your inefficient search. Remember always, you get what you go after.

## LIFE'S DIPLOMA

Life issues a diploma thus,

“The bearer in the gravest crisis knows  
exactly what to do.”

Lucky is he whose name is signed.

It is available to ev'ry man but only held  
by few.

A blue ribbon diploma is most desirable, but a diploma from the school of life is greatly to be admired and sought. Of what use is education and culture unless you know how to meet conditions and adjust yourself properly to them? Some day that aspect of life will be a chief subject of all our Colleges and Universities.

## LIFE'S PAGE

And what is life?

A time of vain regretting or of vibrant peace  
you to yourself have brought.

Your life to-day

Is the result of how you've writ upon the  
page of yesterday by thought.

Thought, thought at every turn of the road  
of life the power of thought is found. You  
spring from thought. You are happy or un-  
happy because of your deeply held thoughts.  
Watch your thoughts every step of your way  
through life. Future happiness is only assured  
by right thinking to-day.



## COMPENSATION

My fire was dwindling sluggish low, it's pow'r  
to burn seemed almost spent.

My only match I lit to aid: a sudden gust, and  
out it went!

Quite vexed I was and truly held the interlop-  
ing wind to blame,

And then I looked and found the draught had  
blown my fire high into flame.

Sometimes an annoying passing cloud that  
obscures the sun for a moment draws your at-  
tention to the fact that the sun is so beneficent  
and beautiful. Petty annoyances often come to  
us as revealers of greater things.

## LOOK WITHIN

All things need careful scrutiny to keep them  
safe and right,  
Particularly examine those that are not plain  
in sight.  
Our lives would shine much brighter, if some  
time each day we took  
To turn our gaze into our hearts and at our  
souls to look.

The worm hidden in the heart of the rose-  
bud ultimately destroys it. A mean, disloyal  
thought held in the heart corrodes the blood  
and poisons the mind. Heart and soul search-  
ing and cleansing should be a frequent per-  
formance in every well regulated life.

## LIFE'S TREASURES

Life's treasures are before you spread,  
They cannot come or fly to you, but wait  
your claim, health, joy and gold.  
If you but sit or lie abed  
And do not do your part and seek and search,  
these blessings you'll not hold.

Learn to stand on your own two feet and go  
after what you think is necessary for your  
health and happiness.

It is easy and pleasant to wish but action is  
necessary for achievement. Wish and do, then  
you attain.

BE ORIGINAL

The man that's giv'n to copying,  
Will find by strict examination  
Self effort builds the life worth while,  
Flimsy the life of imitation.

The wisdom of the earth is spread before you. The thoughts of all the great minds that ever lived are available to the seeker. Do not merely absorb this information, improve on it. Also develop and bring to fruition new and original ideas of your own. Thus no man can brand you as an imitator or plagiarist.

## ENVY

'Tis ignorance to envy the success  
    belonging rightly to another man  
Rejoice in his abundance and adopt yourself  
    his methods or a better plan.

The time spent in the expression of envy regarding the possessions of another is a dangerous waste of time. Be glad because of your neighbor's success. Bless his abundance and in turn the stream of prosperity flows in your direction. It is also wise to adopt the superior success bringing plans of the successful man. Your ideas having failed, discard them; they have been found wanting.

EXAMPLE

May I not live to argue, preach or to defend  
my aim.

May I stand forth triumphant, an example of  
my claim.

Not preaching or defense or argument is  
needed to settle the question. Stand forward  
as a full and complete embodiment of your  
teaching and no argument against you will hold  
water or be valid. You are a living demonstra-  
tion for or against your claimed assertion.

## TRUST

Life's highest trust is not to have  
Trust in myself, I first should labor  
To look for good in every man,  
To honor and to trust my neighbor.

The greater you trust your neighbor the more you learn to trust yourself. Do not in matters of money place blind trust in any individual. Protection is a divine law. Use the quality of protection for your interests in all your undertakings. This is an asset for you as well as for the man with whom you have business dealings.

THIS DAY

This day is mine to do with as I will,  
tomorrow I have not.

Let me work with today, it is the only  
tool that I have got.

Today should be better lived than yesterday  
because I have the added experience of yesterday  
to guide me. I shall put my whole energy  
and experience with my work of today and I  
know it will be a shade higher in quality than  
any performance I have rendered in the past.



## GROWTH

Life is well lived if you do daily grow,  
Deep in your soul each evening you should  
know

That you are wiser than when you arose,  
And richer too before you seek repose.

It is a glorious conviction to hold that you have grown to-day, that you know more at the end of the day than you did on awakening in the morning. The fruitfulness of a day is measured by its growth and development. The desire for self improvement is the most laudable aspiration of life. Keep that desire an ever present incentive and live it hour by hour.

## FAULTS

The only time you should pick faults  
or ever cast a stone,  
When you are contemplating faults and flaws  
that are your own.

By all means check up on yourself. Become brutally frank too, if necessary. Pluck out your own faults and throw mental stones at yourself. This will occupy so much of your time that you will have no opportunity to investigate the minor faults of another.

## DANGER

Though life's road looks inviting and its  
surface shines and glistens,  
Before he crosses, the wise man stops  
short and looks, and listens.

Danger, fear and competition, are three evolutionary forces. These three manifestations provoke the use of brain and mind and physical development, thus they are progressive in their design. Do not plunge unobservantly into danger. Take a lesson from the sign at the railroad crossing and before proceeding on any venture, stop, look, and listen.

A VOW

I read a thought just now, of a wise man who  
lived two thousand years ago.  
It brought good cheer into my heart,  
It made dark clouds to fall apart,  
May I too, something write, or leave behind,  
that through the years with light will flow.

With our passing, we leave behind only our personality. It is comforting to know that because you have spent a brief time on this earth you have given something to human life that will go down as a blessing over the centuries.

## TO KNOW

It is not what you think about yourself or  
how about you others chatter,  
It is just what you know about yourself that is  
the all important matter.

Do you know yourself and your great powers? Do you know how to think, eat, stand, move and breathe? These are the big things of life to understand. To know the laws of one's being brings great satisfaction and assurance. If you know you are square and fine it is immaterial what others may say. They are guessing, but you know. And it is only what you fully know that really matters.

## QUALITY

Man has a dual self and he must wait the  
hour

When fog and mist will lift revealing his true  
pow'r.

The little man has passed away, and into view  
Comes forth the greater higher self, the real  
you.

Live so that you develop the best you have  
within. When your inner consciousness is fully  
unfolded, a new and higher you comes to birth.  
Do not rest until you have attained a life of  
power and purpose.

ALAS

Alas, Alas,  
For him who sees but earth and sod and brass.  
Alas, Alas,  
For him who sees life through a smoked glass.  
Alas, Alas.

It is sad to see endless thousands looking downward instead of lifting their eyes to the hills from which strength cometh. Do not live in the shadows, live in the spirit of progress, resolution, and determination. Visualize only good and good must be attracted to you. Cast aside your distorted glasses and get a true picture of life and its goodness.

SHADES

Shades may be used to keep the light from  
    filt'ring through the pane,  
But shades that dark the windows of our soul  
    bring no man gain.

Darkness of the soul is deplorable. Thoughtlessness is at the bottom of most of our troubles. We unknowingly encourage darkness instead of light to enter our lives. Keep seeking and clamoring for light and truth. Open the windows of your whole being and invite the great white light of truth to enter in.



BODY AND SOUL

'Tis but a thoughtless man who knows his body  
and his maker not,

Who says "My body is a thing corrupt and  
it I must deny."

That man rejects the handiwork of God and  
on it casts a blot.

The body as the soul is giv'n not to ignore,  
but glorify.

One hour's study of the process of the digestion of food is sufficient proof for any man who is open to conviction that the body is fearfully and wonderfully made, that its glands, blood, organs, and processes are divine, the highest reality of all visible creation.

## STATE OF MIND

If life is lacking sunlight, morbid, dreary, dull  
and brown,  
Without a single smile in it at every turn a  
frown,  
Know that it's but reflecting your own inner  
state of mind.  
Life is just as it looks to you, none other can  
you find.

Stop complaining about the limitation of  
your environment, your troubles and worries.  
You have created them all yourself by your  
mind. Now that they follow you about like  
shadows, you are beginning to be disturbed  
by their presence. Renew your mind, visualize  
more pleasing mental pictures and your dark-  
ness, dimness and fears will drop away leaving  
only joy and sunlight on your pathway.

IF

If your soul is heavy laden,  
If your thoughts are darkly blue,  
All your clouds will go a-flying  
If some kindly act you do.

If you give your sole attention to the bettering of another life, it will provide an outlet for your dismal, introspection. Join a club, take a long walk. Help someone; do something outside of yourself so that your morbid thought may be counter attracted by an outer diversion.

## THE SPOKEN WORD

Words of the lips "I can't" are weak,  
They are not of the real man.  
With all your strength let your soul speak  
The words to make you great, "I can."

Life is a defilement or a laudation of self.  
The feeble, enslaving, decision of limitation  
"I can't" must be dissipated by the thunderous,  
mighty resolution of vision "I can." When  
you fear to trust your own powers you defile  
self. When you believe in yourself you elevate  
self.

ADVANCEMENT

I shall not grumble if today  
I do not gain the whole,  
I'm satisfied if I advance  
One step up tow'rd my goal.

Do not expect to attain in a single bound. The true and lasting advance is to make sure gains each day. Be appreciative of every forward growth, but do not rest on yesterday's attainments. Today is a new day and gains must be registered today as well as those of the previous one. Tomorrow too, you must do your bit toward growing and gaining.

I WILL

Life holds a prize for every man  
Who has the grit to say,  
“There is a path to reach success  
And I will find that way.”

Determination is the irresistible spirit. You will never be held very long in the bonds of subjugation or slavery, if you keep your fire of determination burning fiercely within. You can have success in abundance, if day by day, you use the tools of ambition, confidence, and resolute determination.

LIVING IS GIVING

I ask my life to be a life of  
    freely giving,  
And thus I make it one of most  
    abundant living.

The unselfish life delights in giving and is indifferent to becoming a recipient. Give freely because it is right to give; also it is a fulfilment of the law and an ultimate return multiplied exceedingly is assured.

WORK AND WIN

Just do some pushing forward,  
Life is giv'n to work and strive.  
No bee can gather honey,  
If he stays within the hive.

You can overdo holding back as you can overdo pushing forward. Just find the middle degree policy and then push ahead with all your grit and force of red blooded manhood. When you go after something, the winning spirit is quiet assurance and a full knowledge of the thing you desire to attain.



## CONSISTENCY

When water drips persistently on a hard stone,  
In time it forms a hollow.

Persistent doing toward success by any man  
Assures success must follow.

“This one thing I do,” should be an unsevering motto in the life of every man who wishes to accomplish big things. Day in and day out hammer away doing your best and striving to better yesterday’s best with the coming of each new day. Success is just holding on and persistently fighting one’s way to victory.

## CHANGE

The clouds that chill your heart and soul today  
Are never changeless.  
Be true, be brave, fight on! Tomorrow's sky  
Will then be cloudless.

All things must change. The darkest period of the night is just before the dawn. Take a new grip on yourself. If you have been looking toward the west waiting to see the rising sun, you cannot find it. True it has disappeared there but it rises in the east. Lift your eyes toward the east and watch the sun blaze forth in the morning in a cloudless sky of blue.

## VISUALIZATION

That which you need, you form by mental  
image backed by deep desire.

Persistently that picture hold within your mind  
'til you acquire.

Many of our great business men past and present, have successfully employed the power of visualization as a means toward the attainment of success. Sit in silence pondering over your problem. Now create a strong desire that your problem will be solved triumphantly for you. Then make a mental picture where you see your success assured. Hold to that plan consistently; it has worked veritable miracles for thousands; it too, will help you.

## THE RECTIFYING HOURS

Fear not your problem, though it looms up  
mountain high,

Wait and be not afraid and then it will grow  
less.

And with the passing of the night the changing  
hours

Reform your cross into a promise sent to  
bless.

The light of every new day seems to improve the pressing problem or sorrow of the night. Patiently hold on, anchored with the sustaining power of faith, bravely prepared to face every issue.

## ARGUMENT

The argument you win is not  
The one you clinch,  
It is the argument that you  
Decide to flinch.

People who are refined do not argue. Those who are versed in the laws of life do not argue, because they are aware of its futility. It is indeed a vital truth, the argument you avoid is the only one that is ever decided in your favor.

APPLAUSE

Applaud all efforts that are given  
With purpose well intentioned,  
But close your ears to honied praise  
If your name should be mentioned.

It is nice to receive encouragement if you do not permit it to spoil you. If the commendation that is extended has the tendency to urge you on to more intense effort, then it is indeed valuable. But if a slowing up in activity takes place after praise or laudation, the praise is a liability and not an asset.

## IMPROVE

When you would see life just a thing to hate,  
Change your dark picture 'ere it is too late.  
On poison plant the bee sweet honey draws.  
Life is all right. In your mind are the flaws.

Life yields honey and poison. Side by side they abound and flourish. If you are obsessed by the idea that there is more poison than honey in your life, you will naturally be attracted to the poison. But if you admit there is much honey as well as a great amount of poison and become interested only in the honey of life, it will not take long before you forget the presence of the poison because you are so busily engaged in the harvesting of life's sweetness.

KINDNESS

Life's greatest, purest beauty,  
To hold this as a duty,  
Where'er your path shall wind,  
To those you meet, be kind.

The life well lived, is honeycombed with many acts and deeds of love and kindness. A kindly action is never wasted, sometimes it may be unappreciated for a time, but ultimately the light of appreciation will illumine the unthinking mind and lead it to the expression of its delayed gratitude. Scatter your seeds of kindness without hope of payment, that is the intelligent manifestation of a kind act.



SEEKING

Life ever tries each man to teach  
The best things are within his reach.  
Stop just a moment, gaze around.  
What you've sought long, may then be found.

The four leaved clover you have searched  
for so long and vainly, was at your feet all  
the time. Study carefully what lies close at  
hand, before you wander far afield. Your  
greatest opportunity may be waiting for you  
within the reach of your extended hand.

## SAFETY

The greatest safety lies not in mistrust,  
But from its opposite, the pow'r of trust.  
The man indeed who is the most deceived  
Is he who has in no man yet believed.

You only fool yourself when you boast that you do not trust others. Place trust and confidence in others, but also protect yourself by lawful means. To allow yourself to be an easy object for deception is the essence of ignorance. Trust and respect others, but also use the law of protection should those in whom you place your trust prove to be unworthy.

SOUL

Be not of circumstance, a slave:  
Within your depths resolve, be brave,  
Conditions never can control  
The urge of a determined soul.

No great soul accepts defeat. By the arousing of our challenging inner power of soul, we can come back. It is an expression of feebleness and weakness if we tamely submit to the dictates of adverse conditions. Get your soul to work and it will lift the body with it in its ascent to victory.

CARE

Care is no remedy for problems or  
for anything,  
No healing comes until unsmiling care  
far off you fling.

Care is not our friend, it never was nor will it ever be. Those little worries, anxieties and frets that we love to fondle and caress will yet bite the hand that feeds them. They are mad dogs in the making. We must not eat or sleep or think with care. Let us resolve to divorce ourselves from fretting and all similar imps and instead live the rejoicing life of optimism.

## DANGER

If danger looms, indiff'rence is no guard  
And do not it despise  
Though you may think you're safe. In  
    watchfulness  
The real safety lies.

Danger must be present to make all living creatures think. Danger is a divine principle of the Universe. Men are prone to become mentally sluggish unless moved to swift action by the presence of danger or disaster. The only way to prevent accidents and to save life and limb, is to be watchful always when a possible source of danger might exist.

PURPOSE

When you are scorched by criticism's fire,  
Let it not breed a hatred, but desire  
To live for this one thing above all else:  
To prove that unjust criticism false.

Do not lie down under the lash of criticism.  
Spring to your feet undismayed and get to  
work and prove it cannot injure you because  
it is false and unjust. Thus it becomes a key  
to open a door to greater treasures.

## LIFE'S LOOM

The patt'rn of my life by thought I weave,  
The fabric I complete do I receive,  
And clothe myself with tattered rags and old,  
Or silken, soft and shimm'ring cloth of gold.

It is most pitiable to observe the sickness, failure and decrepitude of old age that is teemingly present everywhere. Most of these unnecessary conditions are wrought by the insistence of the individuals on thinking wrongly. Right thinking is like a flood of clear sunlight after a grey day. Let the illumination of right thought bring you a knowledge of truth so that you can renew your mind and transform your conditions for the better.

BLESSINGS

Keep counting up your blessings  
Until all your time it fills.  
While busy counting blessings,  
You have no time to count ills.

If you are busily employed with the blessings of life and living, you cannot afford to spend your happily engaged time entertaining ills, complaints, faults, or misfortunes if they demand an entrance into your affairs. Turn your eyes, time and attention, toward the channels that mean the most, encourage these alone to flow and thus you ensure the life abundant.



## CHECKING

Each day I practice casting out and each day  
holding on.

To good I'll hold and drop my imperfections  
one by one.

You live your own life. Your life is under  
your personal management and control. If you  
are desirous of displaying marked ability as a  
life manager, see that you learn to hold to that  
which is wise and beneficial and discard and  
drop the useless baggage and imperfect things.

POWER

Unseen the mighty pow'r that holds and swings  
The round earth in its sway,  
Unseen my thought that moves the ball of  
good  
Or evil tow'rd my way.

The subtle unseen power of thought magnet-like vibrates out into space and pushes things good or bad in your direction. Watch your thoughts, this warning cannot be emphasized too strongly. Thoughts are living waves working according to the quality that has projected them. Make your thoughts positive building and improving factors in your life.

## PRIDE

Not to display my arrogance, presumption,  
Or my selfish pride,  
Only in dignity of humbleness may  
I be dignified.

A meek man is giant strong if his meekness is from the humbleness of his great store of knowledge and understanding. The deeper one studies the sooner he recognizes that he is but little advanced. The shallow man is liable to become conceited and puffed up due to his shallowness of comprehension. Pin your faith to wholesome humility. Exercise that brand of humbleness and it develops within you the mighty power of true dignity.

## GREATNESS

The way to greatness is with rev'rance  
a great teacher you should meet,  
Perhaps some day that teacher in return  
may sit down at your feet.

The scoffer, the reviler, and the "smart Aleck" will play their little unthinking part for a brief time and then they are shunted off into oblivion, unless they discover their ignorance and have a change of heart. The way to greatness is to encourage yourself to be big and great in your own heart. Admire greatness in others and there is every possibility that you too, will reach the pinnacle of fame and renown.

REGRET

If a stray echo from my heart  
Some day shall greet my ear,  
I am resolved, "It might have been,"  
Are words I'll never hear.

Self pity and morbid introspection are not true life building habits. Cast them aside and resolve with all the vehemence of your being, you are done for all time with sighs and vain regretting. Live a smiling, doing, accomplishing, brave life. Such an existence can never be one of regret.

DUTY

I shall tread the path of vict'ry  
And shall never from it stray.  
If I put the best that's in me  
In the life I live today.

Only the best, nothing less should satisfy you. Put a meagre amount of your time and energy into your work and that is the same proportion you will be handed back. Life only pays what we are entitled to receive, no more, no less. There is more in you, put forth a greater effort now, today. Then hopefully, you can anticipate a more fruitful golden harvest.

FAME

Seek not for fame, it comes itself.

Sure as the tide to him who it deserves;  
To search for it is all in vain

'Tis only his, who mankind richly serves.

All in good time reward is showered upon the man who has made some great contribution to human life. There is but one way you can ever find this reward, that is to prove your worthiness for its bestowal. With brain and hand and mind, serve until you bring forth the means that ensures undying fame for you.

## THE ROAD OF FAITH

Walk on with faith

And you will find your rough and narrow  
road

Will change itself

And level out into a roadway broad.

Faith is a great leveler and devoted worker. It smoothens out the rough places. It blunts the points of the jagged rocks. It gathers up the briars and thorns that beset your path and turns them into the ditch. It is a great white light revealing the true way to the summit on the hill. Cultivate the spirit of faith and let it ever be a close and constant guide and happy friend.



## EXTREMES

Extremes are always dangerous, too little  
or too much,  
The road of moderation is the path your  
feet should touch.

The middle degree policy is the wisest to  
hold to. All extremes are dangerous. This rule  
applies to every department of personal life  
and living.

FATE

Your soul's desire, your pow'r of mind,  
Good work performed, a will that's great:  
These are the forces which dictate  
To even destiny or fate.

Your fate is in your own hands. Have a burning desire in your heart. Develop a supreme power of mind. Use the deathless principles of an indomitable will and your visions must be changed into realities.

## THE PAST

Forget the past, of course, why not?  
Today requires your whole attention.  
If to the past you must refer  
See that its joys you only mention.

Rake the grey cold ashes of the past if you must gather up some of its embers. But let your search be directed for one purpose only, its joy or inspiration. But do not dally long, the hours of today are all too brief and these present hours are your greatest assets.

## FAULTS

When I seek to find fault, I should not outside  
    roam,  
But sit in judgment by the mirror in my home.

Fault finding, like charity should begin at home. Just scrutinize yourself carefully in the mirror before you wish other folks were just like you. If you are honest, the glaring imperfections revealed by the mirror will teach a good lesson to pick at yourself instead of criticising others. It is a more worthy expenditure of your time and attention. This advice applies to appearance, habits, and morals.

HAPPINESS

Just to be strong.

To dare.

Hours never long.

To care.

It is your divine heritage to be vital and well. Strength and courage too should bless and stay your steps and heart. Every hour should pass swiftly because of your congenial work and busy application. A heart brimming with love and sympathy completes the circle of happiness. Try to express this true beauty of supreme happiness each day of your life.

FREEDOM

The greatest slav'ry comes not from  
The heavy chains which may the body bind,  
But slav'ry of the mental sort,  
The pris'ning windows closing up the mind.

Do not live in the little world of a narrowed  
mind. Open up fully to the inflow of truth and  
no man can place upon you the stigma of har-  
boring a closed mind.

## IGNORANCE

The greatest ignorance you can express,  
as through life's way you go,  
Is not to have true understanding of the  
things you think you know.

Many a man fails in business because he was thoroughly convinced he knew all about his own business. The only way to the full assurance of knowing that you know, is to prove and test. If your ideas are inefficient in the proving process, discard them altogether or take steps to improve them.

## HOPE

To wait with hope deferred oft times  
is bitter,  
But he who waits surpasses  
any quitter.

'Tis good to hope for with hope there is opportunity. With hope gone, all goes. As long as there exists a spark of life, hope should be sustained. Mix sanity with your hope, vain hopes are but vaporous dreams. The hope that sets is like losing the sun. The brightness of life goes. Hope is a great heart urge and ever whispers to us, "Keep on, tomorrow will be better."



JUSTICE

Justice pursues all men ; no safety lies  
From it by flight.

Justice is always friendly in it's call  
If you do right.

Do what is right at all costs, and you will  
never be found wanting on the balance of  
eternal Justice.

## REFLECTION

We talk of love and its divinity,  
Of God, of good, of faith, of hope, of holy  
creeds,  
But all are found reflected in our smiles,  
In our forgiveness, sympathy, and kindly  
deeds.

The truly religious life is that of sweet tolerance, contentment and service. All religions are good because their principles are based on uprightness of living. It would not be a wise policy if the ritual of all religions were the same. The evolutionary principle of competition would then be removed and the one surviving principle would be apt to sicken and become morbid or tyrannical. Turn where you will in life, competition faces you, because it is the mainspring and fruit of all perpetuation of life.

## WISDOM

In all the hours of learning you have labored,  
Used and spent,  
Most is a waste unless true understanding  
It has meant.

At the end of your too brief life, is no proper time to wake up to the realization that you have missed the big things. You are encumbered with the things of little consequence and the greater and more vital ones are not in your possession. At all costs, go after the acquisition of knowledge. When you are deeply conscious that all is well with the world, then the Kingdom of Heaven may be found here and now.

## FORGIVENESS

The hurt within your heart, your wounded  
pride, the pain you think will never end,  
Will pass when you forgive the cause,—the  
censure of a good intentioned friend.

Nothing good is found in the keeping fresh  
the memory of a past injury or wound. Possibly  
the real blame lies in your too sensitive  
mind. Forgive and forget. It is only little-  
ness that stands in your way if there is any  
hesitancy on your part to make up.

## LIFE

The length of life is not the greatest matter  
but its scope.

How it is lived, its outlook, depth, its joy,  
its faith, its hope.

Life is a mission and to live your best you must find your life's work and perform it well. A good life is one of vision, rather than limitation. One of doing in preference to mere wishing. It is not wise to complain about the past or fear the future. Both divert your attention from the thing in hand, your present work. Strive to live in the depths of life and not on its outer surface. Abundant living may be enjoyed by every man who is willing to pay its price.

## LIGHT

Light from the sun brings life, it is all good;  
The light of wisdom gives us mental food.  
Open your heart and mind to new delight,  
Master all darkness, walk and think in light.

Light, more light is the heart-rending cry of a sick, weary, disappointed world. Knowledge is light. Is there no teacher or guide available who is competent to guide the people from the Egypt of bondage into the light of the land of promise? Desire the light of truth and work to possess it. In alert constructive observation and meditative silence will be found the rays of all revealing light to illumine your understanding.

## FOOD

I must daily feed my body with wholesome  
food and good.

My soul I too, must nourish with abundant  
spirit food.

Nutrition for the body is conscious breathing, cleanliness, exercise, walking, sleep, relaxation, rest, play and pure food in moderate amount. Soul food is kindness, love, ambition, charity, mercy, gratitude and desire to contribute something worth while to the world.

## JEALOUSY

All jealousy is merely love of self

With real love it nothing has to do.

It preys on lovely thoughts and dulls the mind

And shapes and conjures faults that are not  
true.

Its venom will corrode the purest blood

And heart and soul will shrivel from its gall;

It holds no good or joy or faith or trust,

No hope remains for those within its thrall.

When you listen to the corroding, blighting  
call of jealousy, stop up your ears. To be  
jealous means you are slipping, losing out. In  
all probability you have been careless in your  
habits and manners. You have forgotten the  
little niceties of life. You have wasted  
your time, you are filled with toxins from the  
overeating of food. Whatever the real cause  
of your jealousy, for your sake and for the sake  
of all concerned, stifle its fire.



## LUCK

Waste not your good time, bemoaning bad  
    luck,  
Use it more wisely with vision and pluck.  
And you will not have to go very far  
Before you find shining a lucky star.

Just at the bend of the road you may find  
your lucky star shining in the shape of a great  
field of service or some unexpected opportunity  
to do something bigger and greater in life. Be  
sure to keep thinking and moving, if you are  
not finding things going well with you.

## FAITH

My faith or lack of it determines where my  
eyes shall glance,  
And faith makes me a master or a slave to  
circumstance;  
Only by faith I grow so therefore I shall daily  
see  
The words "Oh! Ye of little faith," shall not  
apply to me.

Keep your faith strong and ready for instant action. Believe in yourself, trust your own powers, have confidence in your own ability to fight and win. The man of faith and rightly directed action, cannot be enslaved or kept down.

BE WISE IN GIVING

The gift I gave someone with joy,  
Has brought to both of us distress.  
To me regret because in him,  
It has engendered selfishness.

The great danger accruing from reckless giving is that of encouraging the spirit of thanklessness in the heart of the recipient. Give and continue to give, but let common sense dictate and guide your generosity. Otherwise soon your gifts may injure all concerned. You are hurt because you discover the ingratitude expressed by the receiver. He is injured because he has received so freely, he accepts it without the proper recognition to the giver.

•  
DECISION

May I not hem and haw and stumble  
And my words disjoint,  
But clearly think and then with force speak  
Right out to the point.

The world follows the man of resolution and conviction and appoints a lofty place for him. Practice voice culture and learn how to speak in public. Many useful books treating on the development of the voice are available for purchase in stores or may be borrowed from libraries. Usually it is because of an imperfect voice that one stumbles in his conversation.

MAN'S MISSION

Man is placed here to grow,  
Not just to think but know,  
Never inert to stand,  
But reaching to expand.

The pond of stagnant water has its lesson written in its surface, in undesirable scum. Let your greatest goal and urge be to gain and grow. Not to learn something once a week but unfold and progress each and every day. Man is made to move on, not to stand still. See to it that every day is one of higher development.

## THE UPWARD LOOK

The grinding sounds of things material all stop,  
Shut down and cease,  
When I look up at night and visit with the  
stars  
And find their peace.

Tranquility, poise, peace, placidity are words of relaxation and healing. Use these four words frequently if you are inclined to be nervous or easily offended. Just say, "I am one with peace, peace. Peace is mine, peace is mine."

## PROVING

Life is to me a living school

Where strict attention to its lessons I should  
daily give.

I'm true to life and to myself

If by my daily acts I prove that I know how  
to live.

Knowledge is faulty unless it furnishes the key to successful doing. You are really unconscious of self or of life in general when you reach a knowledge of yourself and your higher powers. Show by your superior manner of living, that your time has been fruitfully engaged, that you do know the laws of life and living.

## THE PRESENT

Deep hushed the past, seek not again  
Its whited tomb and its dead voice.  
The present hour alone is life,  
In its abundance live, rejoice.

Today is the time of achievement and opportunity. Bend the hours of today to perform in a manner that will benefit and prosper your life in every way. Live wisely today and get from life its highest and best. Life grants you its best when by your deeds you have demonstrated your worthiness.



## A HIGHER PLANE

Life offers all a higher plane,  
Up in the freedom of the sharpened air close  
to the stars.  
Each man can gain the larger life  
Unless by limitation, he himself his progress  
bars.

The man of vision realizes there is no locked  
and barred door separating him from the treas-  
ures of life. Vision is the daughter of wisdom.  
Limitation is the son of ignorance. Link up  
your daily life with the light of vision and  
climb to undreamed of heights.

## RESOLUTION

I am not placed in this great world  
To sickly drudge in need.  
I will have health, I will have joy  
And too, I will succeed.

The power of the spoken word is most effective. Use a vibrant affirmation each day for health, for joy and for success. Keep affirming strongly and with the spirit of assurance, you will draw what you desire. A repeated word or thought forms a deep indentation in the brain and in time reaches the subconscious mind where it begins to set into motion the machinery that will accomplish your desires.

## THE ANSWER

Your critics who predict that you will fail  
And say success for you is an impossibility,  
Will not retract their words until you show  
By making good and proving that you have  
ability.

By making good you successfully answer all  
your critics. Win success by sustained effort,  
backed up by a masterly knowledge of your  
work plus continued daily improvement in your  
methods.

## SELF EXAMINATION

Just glossing over faults and  
being prone to self exoneration  
Is not so wise and profits less than  
stringent self examination.

Your friends will not as a rule, point out your glaring faults. Seek them yourself and pull them out by the roots. To temporarily hide your weakness is not good business. They will show when you least expect and usually to your greatest disadvantage. Take an impartial stock of yourself now and then thus anticipating future troubles.

AFFIRMATION

If you are ill, be not afraid.

Eat little, straighten up your spine,  
In bed or out of doors, affirm

“I want good health, good health is mine.”

Sickness in the main, comes from overeating and lack of exercise. It is really a disgrace to be sick with so many avenues of health available to those who are intelligent enough to go after them. But if you are ill begin to affirm, “Health is mine, health is mine.” Then observe the natural laws of health and health must be yours.

SINCERITY

If you would rise  
In all mens' eyes  
And win esteem,  
Be what you seem.

The world forgives many grave offences, if a man acts in the spirit of sincerity. Sincerity never fails, it always pays the man who lives it. Even enemies laud and respect the sincere individual. Have a constant longing to be really and truly sincere. It is a more than worth while essential of successful life building.

POWER

When I must wait,  
    May all my weakness be in just that hour,  
And when I walk,  
    May I stand up, stride forth, and walk in  
        pow'r.

In the moment of inertness, withdraw your strength and relax. When you are ready to move forward, plunge ahead with power, snap and energy. Always let your only expression of weakness or fatigue be in the waiting or resting period.

## WATCH YOUR THOUGHTS

Think of this fact :  
Thought makes each act.  
Thought is the seed  
Of ev'ry deed.

Wherever you turn, you find the principle of thought awaiting you. Thought the invisible first, then the act. Thought is the seed of all action, it precedes every visible manifestation. Think often, but think wisely, purposefully, and wholesomely.



## COMPENSATION

Put a higher valuation on your time  
and better serve.

Greater compensation you'll receive  
because it you deserve.

Your value increases with the valuation you place on your time. If you value time but little, returns commensurate with your own estimation will be forthcoming. Place a high value on time, use every moment in a building, constructive manner and presently time will yield a more remunerative return for the energy you expend over its hours.

## DEFINITIONS

The trifling things of life are recognized  
as such by a great mind.

As being great these trivial things by  
a small mind may be defined.

See things in their true proportion. Nervous, irritable, people usually exaggerate everything. Develop poise and understanding, so that you may be classified as a great mind and learn to know exact values. A little mind theorizes and wildly guesses. To have accuracy and dependability of judgment, develop your mental realm, aspire to tranquility of mind. Above all learn to know values.

## DISCRIMINATION

Sickness or trouble has a tenfold grip

If you strive not these evils to eject;

Resist with all your might that which is base,

Accept but good, and thus your life protect.

The unhappiness that is forced upon you must arouse the spirit of unremitting opposition. Man is placed here to control the universe, to hold dominion over all things. If you desire to live a life of control, it begins by resisting evil, sickness, or anxiety. Weakness or ignorance is expressed in accepting anything of an unpleasant nature.

## JUDGMENT

Denial will not change the darkness of a room,  
Where a dark shade is lower'd, if it be day  
or if 'tis night,  
But by the drawing upward of the darkened  
shade  
Or turning on the switch, as case may be, in  
floods the light.

We live in a world of reality and material things. The intelligent man knows that darkness is the absence of the sun. Denial or affirmation will not bring back the sun until it arrives in its own due time. The spirit stays us to wait hopefully for the coming of the light, but it in itself cannot break the law of the movement of the sun.

## FAILURE

Failure may come, but if you've given in  
thought and work your best,  
With a strong heart that failure face and  
meet,  
Accept it as a lesson, or a chastening, or a test.  
Sometimes there's even vict'ry in defeat.

The greatest failure is in unresistingly staying down after the fury of the storm has spent itself. If after you have given your best, you must go down, then do so with your flag flying, not to defeat but to victory.

## TWO WAYS

There are two ways to live; one loses, and one wins.

The losing way is when you practice vacillation;

But when you use the other way, success begins,  
The winning way is when you practice concentration.

Develop the ability to decide accurately and speedily. Then concentrate intensely on what you have decided to use and push forward using that force as your achieving principle. It is a foolish habit to weakly move from one line of endeavor to another. Do one thing well, and all will be well.

## CONCENTRATE

When shallow water over a wide surface flows,  
its scattered force is weak,  
But when condensed, its narrowed force great  
obstacles from off its path will sweep.

Concentrate, do not scatter your time and ability over too great a surface or in too many fields. Know one branch of business in a superb, masterly fashion. Have an excellent knowledge of other lines of business, but put your push and greatest application on the one that profits you the most.

## FAILURE

You will not be so prone to fail,  
You'll save yourself from many a plight,  
If not from failures you will learn,  
But in the first place do things right.

Anyone, even a fool can profit by his experience. But why not utilize the experiences of others as a guide in your particular case? Why suffer repeated defeat and disaster and chalk it up to experience? A little precautionary foresight would save many a business downfall and ultimate failure.



## WORDS

“But” and “if” are weak’ning failure-words,  
’Tis not advisable their use to stress.  
“Can” and “will” are doing, winning words,  
Their frequent use helps to bring you  
success.

The human mind cannot hold two opposing thoughts at once. If you hope for success and expect something else, you will probably attract failure. Concentrate on success, assume the victorious attitude. Learn it requires no more time to lose than it does to win. Stop saying “but” and “if,” jump in and win with “can” and “will.”

### A CURE FOR CARE

When things go wrong, nerves are awry  
And cares and worries pile,  
Sit down, talk to yourself and say,  
"Things might be worse," then smile.

Stand on the corner of any busy street and watch the wave of humanity as it filters by. You will not have long to wait before you see the blind, maimed, halt, and poor. Your troubles are not so bad. Try to switch your thoughts to a brighter viewpoint and smile.

EXPANSION

To freely give and serve  
By word and hand,  
Means but one thing, a life  
That must expand.

The growing life is the one of service, friendship and generosity. Live your best and not your worst. You can live on a high plane by holding high thoughts and great ideals. Only as high as you aspire can you attain.

SERVE ONE MASTER

Do just one thing and then you're clever.

'Tis good advice to follow ever.

The serving of a second master

Is liable to bring disaster.

One cannot be here and there at the same time. Have one all consuming channel of service and dedicate all your time, energy, and application in that one avenue. Then no force in the Universe can hold you back from your birthright—success.

## IMPOSSIBILITY

A fig tree cannot apples from  
its branches bring;  
Note this, the man who claims  
he can do everything.

This is an age of centralized effort. Do not boast you can do all things well. Do one thing superbly well and some things very well. That is about all that is expected from you in this day of rapid fire progress.

## DO IT NOW

“Next week or later on, I’ll do it then,”  
Is not a building vow.  
Lest you forget, see you find time today  
There’s no time like just now.

Procrastination and needless delay are dangerous time wasters. When work confronts you and you think you know how to perform it, jump in with heart and soul and complete the task. Looking at work or dodging it, is never productive. The thing that is squarely up to you to do—do it.

AN EDEN

This world is not a barren thing;

Instead it is a garden rich, our lives to bless.

'Tis only when we wrongly think

That our fair earth is changed into a wilder-  
ness.

Get accustomed to thinking cheerily and optimistically. Thoughts are seeds of fair blossoms or weeds. To save yourself from a barren life, plant your life full with the evergreens of faith, the laurels of victory, the roses of joy. Think right and you are apt to head in the direction away from the wilderness to the Eden of promise.

LIFE IS PLIANT

Life's not unchanging, but is plastic.  
Not rigid. Pliant as elastic.  
'Tis limited or lived expanding,  
According to our understanding.

Life is the most fluid force of the Universe.  
All is movement, force, blending, changing,  
disintegrating, reforming. Think of this fact  
when you are contemplating a change of mind.  
Changing one's mind is not a woman's prerogative  
it is an indication of progress.



## THE RETURN OF JOY

To weep for many days will life's fair pages  
mar and stain.

Sorrow should pass away from you with  
ending of the night.

Fold back the leaves of anguish from your  
mind, 'twill ease the pain.

And face the east, joy cometh with the smil-  
ing morning light.

It is not good or wise to remain in sorrow's  
clutch. You inflict a great injury upon your-  
self and those you love by this conduct. Man  
is not placed here to mourn, but to work and  
be interested in the glad things of life. Re-  
flect on this truth if you're gripped by distress  
or sorrow.

## SELECTION

Man's freedom rests within himself

When he elects to live a life of truth and  
pow'r it is complete.

His slav'ry also rests within

When he selects that which is base and low  
he goes down to defeat.

Look for the good things of life. Health, youth, joy, success, power, love and wisdom. These are all desirable principles. If you are troubled with the opposite ones, then there is danger of defeat unless you wisely elect to eject them and go after the things that are good.

## RENEWING

Observe this old earth hiding each deep wound,  
And mar and break and scar with growing  
shrub and cov'ring grass.

With friendly overgrowth of higher thought,  
We too, can hide effects remaining from  
life's purging lash.

Opening an old wrong afresh is not a worthy habit. Forgive all past injuries, real or imagined. Begin with a new slate by covering them over with the film of forgetfulness. Deep sorrow that should have been swept away many years ago, must too, be erased from the tablet of your mind.

## POISE

Poise is to know how instantly to act

When faced with a grave crisis or condition.  
To cultivate the freedom of true poise  
Should be an urgent quest and deep ambition.

Know and know that you know and train  
your mind to instant harmonious action. Half  
an hour after the crisis has past is a poor time  
to know how to take proper action. Have such  
supreme poise, that your mind can act im-  
mediately so as to offset instantly any unusual  
happening or circumstance by adopting the  
proper measure of procedure.

## CREATURE OR CREATOR

Man may be a creator or a creature man  
May he remain.

Be a creator man, 'tis possible; strive to  
Attain this plane.

The human mind is charged with dynamic potentiality. Learn to harness and control the wonder working forces of brain and mind. In the human brain are a myriad number of eager little workmen anxious to serve your higher interests and promote your growth in a greater way. These brain workers get under way when directed by the superior mind. Mind is the only power that will take a man out of the servitude of the creature life to the freedom of the creator one.

## THE WATCHMAN

Become a watchman standing guard beside the  
doorway of your mind.

An eager sentry well prepared all foes to  
rout,

And if some ailing, weak or cheapening  
thoughts an entrance seek to find.

“They shall not pass,” your fighting chal-  
lenge should ring out.

Check up on your thoughts. If wrong  
thoughts rise up, check them and refuse to ac-  
cept them. Be a fighting censor at the gate of  
your mind and carefully watch your every  
thought.

A PARASITE

Care is a parasite but joy  
Is a fair lovely rose.  
Neglect the germ, but nurture well  
The bud so full it grows.

Do not concentrate on ugliness, when you have beauty available. Think of the goodness of life, that is the magic attribute of existence. If you focus your attention on the undesirable, it will be multiplied and never enjoyed. A truism of life is "You find what your eyes seek."

## INFLUENCE

We are not as the silent ships at night that meet  
And like grey ghosts go gliding past.  
Our influence in one another's lives is felt  
For good or ill while our lives last.

Every contact we make leaves some impression in our consciousness. A gratifying desire is to leave a good impression of yourself in your association with others. We must live good lives if we desire to have our influence be felt as an influence for good.













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